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editor@onemk.co.uk

Smoke: Reader Christine Jeffs sent in this picture of the fire

## Dog found hanging from tree

BY JESSICA DUNCAN  
jessica.duncan@onemk.co.uk

**THE RSPCA is appealing for more information after a dog was found hanging from a tree by a horrified walker and her daughter.**

It is claimed the young Staffordshire bull terrier cross, believed to be called Zira, was moved to the spot in Stanton Low Park, New Bradwell, after being forced to fight a chihuahua called Fifi in March.

Residents and community website Pet Abuse UK, which has been sharing photos of the dogs, are still searching for justice after the alleged incident.

The website and residents on a Milton Keynes Dog Owners Facebook page claim the two animals in the photos were 'brutally killed' by their owner.

It is being claimed the chihuahua died after her back was broken in the fight and she was given a 'Viking burial' when she was set alight and put in the canal.

The website claims it has given all this evidence, including the owner's name and full address, to the RSPCA but there has been no action.

A comment on Pet Abuse UK's Facebook page says: "We don't like to see animal cruelty go unpunished but that's precisely what is happening here. Two innocent dogs have lost their lives."

"RSPCA, please get your finger out. I know you're swamped but this appalling act of deliberate and sadistic cruelty needs to be investigated and the killers punished to the full

extent of the law."

Following our article on [onemk.co.uk](http://onemk.co.uk) Pet Abuse MK has set up a Crowdfunding page to raise money for a reward in the hope it will encourage more witnesses to come forward.

A spokesman for the RSPCA told OneMK: "We were contacted in March by police who had been called to a wooded area in New Bradwell, Milton Keynes, after the body of a dog was found hanging from a tree."

"Clearly this was a very upsetting and worrying discovery and we launched an investigation immediately but, unfortunately, there was insufficient evidence for us to take any further action at this stage."

"If anyone does have evidence which can move our investigation forward and help us prove who was responsible, we would urge them to call our inspectorate appeal line on 0300 123 8018."

A Thames Valley Police spokesman added: "This was reported to us at 12.09pm on March 24. A dog was found hanging in woods near the canal path off Newport Road. The incident is being investigated by the RSPCA."

It is claimed the owner of the dogs now has more puppies.

Former Milton Keynes dog warden Graham Corgan, who helped this paper reveal the story, said: "Having stayed silent since attending this incident it is now out there."

"This was possibly the saddest thing I have ever seen in my entire life."

"These people need catching and bringing to justice as it is clear they are not the full ticket."



A plume of smoke could be seen across the city on Saturday after an industrial yard fire. See page 5

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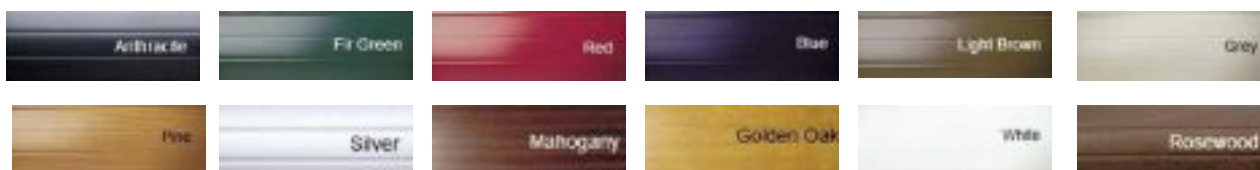


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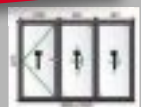


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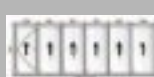
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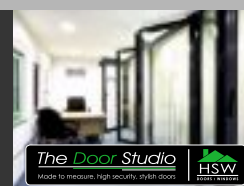
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Hair-raising: Christine Spicer, centre, with some of the stylists at New York's Hair and Beauty

# Going a cut above to help homeless

BY JESSICA DUNCAN

jessica.duncan@onemk.co.uk

## A HAIR salon hopes to start an annual event giving homeless people free haircuts.

New York's Hair and Beauty in Bletchley is opening its doors to the city's homeless community on Sunday, August 14, when its management and staff will spend the day working unpaid to give a free wash, cut and blow-dry to some of MK's most vulnerable citizens.

According to figures released by Milton Keynes Council's Labour administration, 121 homeless people asked the authority for temporary accommodation in the last two weeks of July alone.

This recent act of kindness is the brainchild of salon owner Christine Spicer, following a suggestion by one of

her stylists Tanisha Selyer.

Christine – who volunteers to help charities in her spare time – wanted to find a way to help the homeless community and is hoping other salons will support what could become an annual event.

She said: "As a volunteer in my spare time, I am very aware of how a small act of kindness can go a long way."

"Something as simple as a new haircut has the power to massively raise a person's self-esteem and I wanted to reach out to the homeless community in Milton Keynes to offer them some deserved pampering."

The event has already received support from the YMCA, Limesquare Vehicle Hire and L&N Beauty Supplies, the salon is still looking for more help with the event. Visit [onemk.co.uk](http://onemk.co.uk) to find out how you can get involved.

## Chip pan turned into a 'fireball'

MOTHER'S Day celebrations turned into a family tragedy when a 66-year-old died in a kitchen fire in Fishermead.

An inquest into the death of Allan Ware on Tuesday was told he had turned on a chip pan and either fell asleep or became distracted. His death has led to Milton Keynes

coroner Tom Osborne warning residents to not cook late at night.

It is believed Mr Ware noticed the chip pan had caught fire and tried to pick it up and put it out himself causing it to turn into a 'fireball' that knocked him on his back and caused the extensive burns that killed him. As previously reported

by OneMK, emergency services were called to the house in Fishermead Boulevard at 11.09pm on March 6 and discovered Mr Ware in the kitchen.

Mr Osborne said: "I conclude he died as a result of an accident and would strongly advise people don't cook late at night."

## Corrections & complaints

If we have published anything that is factually inaccurate, please contact the editor, Cally Jenkins on (01908) 689595, via email at [letters@onemk.co.uk](mailto:letters@onemk.co.uk) or post to: The Editor, OneMK, 1 Diamond Court, Fox Milne, Milton Keynes MK15 0DU or, once verified, we will correct it as soon as possible.

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# Smoke from fire is seen for miles



**Fenny fire: Metal caging and plastic containers left melted and black after the industrial yard blaze**

**BY JESSICA DUNCAN**

jessica.duncan@onemk.co.uk

**FIREFIGHTERS** had to tackle two blazes in the city on Saturday.

Plumes of smoke could be seen at least 12 miles away as it filled the sky over Central Milton Keynes, Beanhill, Shenley Church End and near the M1 motorway after a fire started in New City Plumbing's industrial yard in Simpson Road, Fenny Startford.

More than 20 firefighters from Bletchley, Broughton and Great Holm were called to the scene at 1.09pm and police closed off parts of the road while they tackled the flames.

Many readers sent pictures to OneMK and at the scene residents praised the crews for how quickly they extinguished the fire, which damaged metal caging and plastic containers in the industrial yard that backs onto the Grand Union Canal, pictured. New City Plumbing has remained open as normal



**Aftermath: Reader Amanda Collins sent this picture of the common**

for business this week.

Later the same day, crews were called to a fire at a large area of Bury Field Common in Newport Pagnell.

Firefighters from Newport Pagnell, Great Holm and Broughton attended the site, which is behind residential housing and is a popular spot with ramblers and dog walk-

ers. Nearby residents were forced to close their windows as smoke was making its way into their homes.

This is the third summer there has been a fire at Bury Fields, but it is not believed it was started deliberately.

See more pictures of the fires on our website – [onemk.co.uk](http://onemk.co.uk)

## oneMK briefs

### Yoghurts recalled

MORE than 23 yoghurt products have been recalled from four major supermarkets. The yoghurts made by Yeo Valley may contain pieces of rubber. See the full list of products affected at [onemk.co.uk](http://onemk.co.uk)

### Spate of bike thefts

POLICE are warning Emerson Valley residents to secure their bikes after a recent spate of thefts on the estate.

## Pokemon Go golf course craze

ABBEY HILL Golf Centre is asking Pokemon Go users in the city to stop wondering onto the course to catch creatures after it held a party at the weekend to help them 'catch em all'.

The app users had the golf course, in Two Mile Ash, all to themselves on Sunday evening after it became known as a hot spot for some of the more rare Pokemon, including Pikachu.

Tractor and trailer rides took party-goers around the grounds to catch creatures and hatch eggs faster.

The centre has said the event was a success.

On its Facebook page it has now advised any golfers who spot Pokemon Go users while they are playing on the course to tell staff in the golf shop, who will send someone out to ask them to leave.

As OneMK has previously reported, the game is taking over MK with Willen Lake – another hot spot – being swamped daily by players.

Find more details of Pokemon events at [onemk.co.uk](http://onemk.co.uk)



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OneMK (formerly MK News in print and MKWeb online) is proud to be the truly local newspaper for Milton Keynes and the surrounding areas. For more than 12 years we have been working to keep our audience up to date with everything Milton Keynes. We are constantly looking at new ways to improve our service. If you have feedback, contact anyone listed below.

#### MEDIA SALES DIRECTOR – LSN

**Carlie Lewis**  
carlie.lewis@onemk.co.uk  
01908 689567

#### EDITOR

**Cally Jenkins**  
cally.jenkins@onemk.co.uk

#### MANAGING DIRECTOR

**Richard Duxbury**

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## Send picture to win a funny prize



HERE at OneMK we know the lovely pictures you send in put a smile on our readers' faces so we have joined forces with the award-winning Comedy Cow to keep you smiling.

Each week we will be giving two free tickets to upcoming events in one of the club's three venues across MK to the reader who sends in the best picture of our city. Winners can use their tickets to choose from a host of stars coming to Milton Keynes. For details on The Comedy Cow's future events visit thecomedycow.co.uk

Lucy Collins took this week's photograph of the Magic Carpet in Middleton Hall at the centre:mk, which was part of IF



Email us your favourite pictures of Milton Keynes at [pictures@ismmedia.co.uk](mailto:pictures@ismmedia.co.uk)

# Our amazing city

I JUST wanted to shout about what at an amazing place Milton Keynes is and how lucky we all are to live here!

Last Saturday my husband, two daughters and I spent all afternoon at IF at Willen Lake. We all had the best time.

On Sunday afternoon my eldest daughter and I cycled back to IF at Willen for yet more fun. On Monday my daughters, their friends and I enjoyed a play session on Monkston Green, with crafts and a bouncy castle hosted by MK Play Association.

On Tuesday we visited the new Stanton Low Park. The park was amazing enough but then The

Parks Trust turned up with even more fun – face painting, bug hunting, ride-on cars, games and much more.

On our way home from there we saw another bouncy castle in Great Linford. Yet another MKPA session with inflatable zorbs and bouncy obstacle course!

All this for free – apart from an odd ice cream and a few small donations! Amazing.

Love MK!

**Lucy Collins**  
Broughton

### Do plans have support?

I AM writing concerning the

comments made by St Modwen following its recent so-called consultation detailing its plans to demolish Wolverton Works ('Revamp on track', OneMK, July 27).

There have been just three public events looking at the radical plan which, if approved, will remove the reason for Wolverton's very existence.

Why has St Modwen changed its plans? Not because it has 'listened' to the local community, but because planners and heritage experts such as Historic England have slammed the proposals.

Gary Morris of St Modwen claims that 81 per cent of the attendees at the consultation supported the proposals or, in other words, just 121 members of the local community, but of course the event was not widely advertised, held in summer holiday time and those without access to the internet would not have known about it.

And for a £100million scheme, the display consisted of a few exhibition boards that did not contain any real guaranteed detail.

The recent appointment of Purcell as the heritage experts snags that the original plans were 'trying it on' as all property developers do.

But as regeneration specialists (its claim) it has not seen fit to support the Wolverton community over the siting of a war memorial remembering the 213 Wolverton Works men who died in The First World War, saying in April that this was not for them. OneMK reported on this last month and still St Modwen is not prepared to get involved.

The latest set of plans are all described as illustrative, or montages of other developments stitched together to simulate Wolverton Works' buildings. There are no substantive definitive plans, only notional artists impressions of what might happen.

St Modwen's claim that the redevelopment is needed to protect jobs has been proven to be incorrect. In the last three years, the Works' workforce has risen from 125 to more than 400. This is not the statistic of failure.

Network Rail has confirmed that it is negotiating with St Modwen about the future of The Royal Train. Will this also be lost to Wolverton?

Does St Modwen really have the support of the community? I doubt it.

**Phil Marsh**  
Director  
Cleek Railway Solutions Ltd



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# Weapon-wielding gang target home



Do you recognise these men? A montage of the CCTV images that have been released by police

BY JESSICA DUNCAN

jessica.duncan@onemk.co.uk

**POLICE** have released a selection of CCTV images after a gang threatened a man with a knife and baseball bat in his home.

The images show a group of men police officers would like to speak to in connection with the aggravated burglary.

At 9.30pm on Monday four men forced their way into a property in Whittington Chase, Kingsmead.

A man in his 40s was in the property at the time and was confronted by the men who were wielding the weapons.

The offenders demanded

money from the victim but fled empty handed.

The victim suffered minor injuries to his hand but did not require any hospital treatment.

Detective Constable Lucy Jarrett, from Milton Keynes Force CID, said: "We would like to reassure the community we are investigating this burglary."

"I would also like to speak to anyone who recognises the people shown in the CCTV images as they may have information which could assist the investigation."

"If anyone has any information but has not yet come forward, I would urge them to

do so as soon as possible by calling our 24-hour non-emergency number 101.

"If you do not want to speak directly to the police you can contact the independent charity Crimestoppers anonymously on 0800 555 111. No personal details are taken, information is not traced or recorded and you will not go to court."

Police arrested a 28-year-old man from Milton Keynes last Wednesday on suspicion of burglary in connection with the incident.

He has been released on police bail until September 10 while officers look into the incident further.

## oneMK briefs

### Call for filmmakers

MK GALLERY has launched a new MK Young Filmmaker of the Year competition for ages four to 19 to celebrate the 30th anniversary of the Milton Keynes Community Foundation. Read more at [onemk.co.uk](http://onemk.co.uk)

### Free Pret smoothies

SHOPPERS are being offered a free smoothie at Pret A Manger on Sunday – if they make it by pedalling on a bike outside the store in the centre-mk. Head over between 11am and 2pm to find out more.

### Campbell Park Proms

SOPRANO Jeni Bern will be the soloist for this year's Proms in Campbell Park. The event will be held on August 19 at 8pm. Tickets are selling fast – find out how to book at [onemk.co.uk](http://onemk.co.uk)

## Kids go bananas with free supermarket fruit

A SUPERMARKET giant is offering children free fruit while their parents are shopping in store as a 'little help' to get them eating more healthily.

The initiative, which was trialled at Tesco in Wolverton earlier this year, is aimed at making it easier for kids to get

the fruit and vegetables they need and creating healthy eating habits that will stay with them as they grow up.

Matt Davies, Tesco CEO for the UK, said: "As a dad I know it can be tricky getting children to eat their fruit and vegetables so we're hoping this initiative will help."

## Fines for illegal cab drivers

THREE cab drivers have been fined a total of £1,555 for picking up passengers illegally.

Mohammed Khakpour, of Eighth Street, Milton Keynes, Francis Agyekum, of Buckingham Gate, Eaglestone, and Salim Ahmed, of Broadway East, Headlands, Northampton, admitted to plying for hire at

Milton Keynes Magistrates' Court on Friday.

Private hire drivers can only pick up passengers by prior appointment otherwise their car insurance is invalid. As well as being ordered to pay fines and victim surcharges, all three drivers received six points on their licence.

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### Monkston

Monday 25th July to the 22nd August: 14:00-16:00  
Monkston Playing Fields, Milton Keynes, MK10 9FJ

### Heelands

Tuesday 26th July to the 23rd August: 10:00-12:30  
Heelands Sports Pavilion, Sports Grounds off Langcliffe Drive, Heelands, Milton Keynes.

### Hanslope

Thursday 28th July to the 28rd August: 10:00-12:30  
Castlethorpe Road, Hanslope, Milton Keynes MK19 7LG

### Great Linford

Marsh Drive - Thursday 28th July to the 28rd August: 14:00-16:00  
Cottisford Crescent, Marsh Drive, Great Linford, MK14 5HH,

### Olney

Friday 29th July to the 19th August: 10:00-12:00  
Johnsons Field, Olney, Milton Keynes, MK46 5JF

Stony Stratford - Friday 29th July to the 19th August: 14:00-16:00  
The Mill Field, Stony Stratford, Milton Keynes, MK11 1FG

### One offs:

Woughton, Wednesday August 10th , 10:00-12:00  
Coffee Hall, Milton Keynes, MK6 5DL

Shenley Brook End, Wednesday August 17th 10:00-12:00  
Garthwaite Crescent, Shenley Brook End, Milton Keynes MK5 7BF

Two Mile Ash, Wednesday August 24th 10:00-12:00  
Two Mile Ash, Milton Keynes, MK8 8BS

For any additional info email [ben.lawrence@mkdonsset.com](mailto:ben.lawrence@mkdonsset.com) or call on 07593293536



## ALSO HAPPENING THIS SUMMER!

### Skills Centre:

Mk Dons SET have new skills centres starting on September 12th they are a fun and exciting way for children to develop there football skills , they run Monday - Saturday at various venues and times and are for children aged 3+.

### Summer Holiday Course:

Come down for a summer of fun and football with Mk Dons SET, we are running holiday courses throughout the summer at the Mk Dons training ground for children aged 3 - 15. **For any other information on MK Dons SET call 01908 622888 or visit our social media pages shown below.**



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MK Dons SET





# App helps unite new community

BY JESSICA DUNCAN

jessica.duncan@onemk.co.uk

A FREE app is being used on a new estate to share information and unite the community living there.

Trygve, which was created in Sweden and allows users to share and receive local incident information in real time, is currently being used by more than 30 residents in Newton Leys, including police officer Ben Dimmock, who hopes more will sign up.

As well as reporting suspicious incidents, community issues and mapping where problems are, users can also use an emergency button if they are in need that alerts all members who can see where they are.

Mr Dimmock, 37, said: "The app has not only been good at creating a community in Newton Leys, but we have also been able to help with a few incidents of anti-social behaviour and thefts by being able to pass more information onto police."

"It can help map any crime trends and make users aware of areas where they may want to be more alert."

"It is an easier and quicker way for the community to communicate with each other as Facebook is not as instant as this app, nor can it use GPS as accurately."

"I am proud to co-ordinate Newton Leys Neighbourhood Watch Group and use my skills from my job to share more safety tips on the app."

"More new estates are being built and apps like this enable you to get to know your neighbours, as well as deterring crime."

Trygve CEO Per Källgård commented: "Trygve is not just an app – it's a shift in mentality. We hope people start to view their fellow neighbours as peers instead of strangers."

■ Visit [onemk.co.uk](http://onemk.co.uk) for more.



'appy to be part of the community: Ben Dimmock is just one of the residents in Newton Leys using Trygve to share information

## oneMK briefs

### Meet cage fighter

RESIDENTS can meet celebrity cage fighter Alex Reid at a charity fundraising fun day at Wolverton Bath House on Sunday. The event, which is raising money for new child abuse group Tomorrow's Children, will take place from 11am to 5pm.

### Holi event cancelled

THE Holi-inspired festival due to be held in Campbell Park on August 14 has been cancelled due to 'unforeseen circumstances'. Find out how to get a refund at [onemk.co.uk](http://onemk.co.uk)

### Broughton arsonists

POLICE are appealing for witnesses after a gang of four men set light to newspapers in front of a house in Warwick Avenue, Broughton, at 1.20am on Sunday. Witnesses can call officers on 101.

## Competition to write birthday song for MK

RESIDENTS are being invited to write and produce a new song about Milton Keynes to help celebrate its 50th birthday next year.

The competition organised by Events Managed is being backed by Milton Keynes City Orchestra, Unite Nine Studios, Marshall Amplification,

OneMK and intu. A spokesman for Events Managed said:

"We're giving the next budding Lennon and McCartney, Jess Glynn or David Guetta the opportunity to have their work seen by industry experts."

The deadline for entries is December 31.

■ Read more at [onemk.co.uk](http://onemk.co.uk)

## Christmas attacker is jailed

A 37-YEAR-OLD man has been sent to prison for 12 months for causing GBH and criminal damage on Christmas Eve last year.

Kris Formston, of Cockerell Grove, Shenley Lodge, was convicted and sentenced at Aylesbury Crown Court last Wednesday.

The sentence relates to an incident in which the front door of a property in Wisley Avenue, Bradwell Common, was damaged and a 42-year-old man was assaulted and suffered a fractured eye socket.

■ For more on this story visit [onemk.co.uk](http://onemk.co.uk)

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## Summer fun at Cabana village

VISITORS to the centre:mk this summer are not only able to enjoy the annual indoor beach in Middleton Hall, but Queen's Court has been transformed into a Cabana Village.

Wooden huts serving food including crepes and drinks such as cocktails feature in the outdoor village. There will also be music from a steel band every Saturday. ■ See more at onemk.co.uk

# Staff littered with abuse over sacks

BY SCOTT KIRK  
scott.kirk@onemk.co.uk

**PINK sacks are being handed out at fewer outlets in the city after staff were abused.**

The availability of the sacks, which are used for recycling, has long been an issue, with many residents complaining about the supply.

Now The Kingston Community Centre is one of the outlets that has stopped supplying them because staff

were being abused by angry residents. Others have also experienced negative feedback, but have decided to continue handing out the sacks.

A Milton Keynes Council spokesman said: "The outlets around MK stock pink sacks voluntarily. The number of outlets has declined in recent months as staff were getting abuse from people over the sacks."

"We are doing the annual pink sack delivery across

homes in MK plus pink sack outlets, including Civic Offices, should have stock.

"Unfortunately because people take more than one roll, any stock we put out tends to go very quickly. The rolls in the outlets include 20 sacks."

"If people cannot recycle they can also drop items off at one of the three Community Recycling Centres (tips) at Bleak Hall, New Bradwell or Newport Pagnell."

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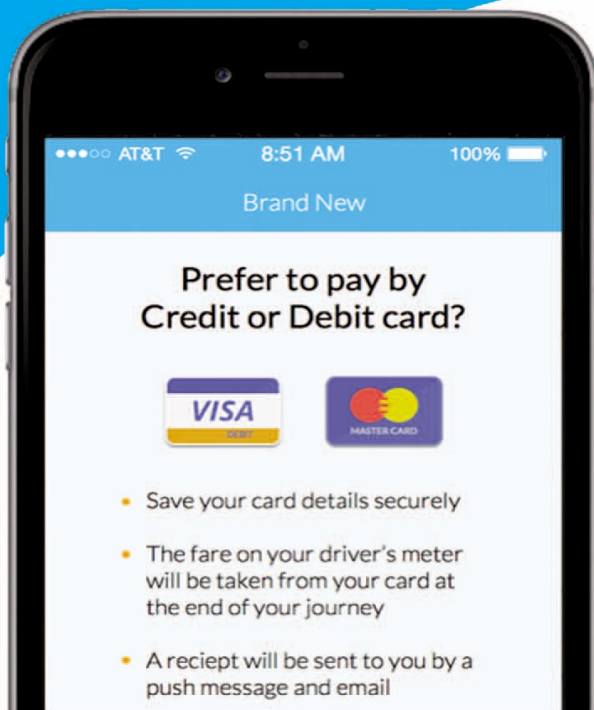
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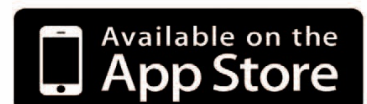
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## New artwork for Wolverton

ARTIST Sara Mayers has had artwork installed on the wall at the entrance to Wolverton's Town Hall and library car park.

The original idea to improve the entrance to Wolverton with artwork came from Milton Keynes councillor Rob Middleton, who provided a grant.

The Wolverton Society for Arts and Heritage advertised the project and chose Sara's design.



# Award sponsor for Made In MK

BY JESSICA DUNCAN  
jessica.duncan@onemk.co.uk

ONEMK is proud to announce another category sponsor for its Made In MK awards.

As previously reported, the awards aim to highlight the hard work and achievements of independent businesses, individuals and community organisations in the city.

Carmichael's Vaping, which has shops selling vaping equipment in Newport

Pagnell and Stony Stratford, is backing the Best Eating Out Establishment category.

This award was open to independent pubs and restaurants, cafes and tearooms that serve excellent food using local produce where possible.

Director David Carmichael said: "It is good to support local community businesses, which in turn benefits the local economy.

"Instead of sending money

to America via places like McDonald's, we need to support each other and eat as locally as we can."

The Made In MK awards evening will be held at Mercure Parkside in Woughton on the Green on September 15.

Anyone interested in sponsoring a category can contact Sam Whalley at sam.whalley@onemk.co.uk

More on the awards can be found on our website - onemk.co.uk

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## Cloudy2Clear Announce Trusted Trader Partnership

Consumer champions Which? have now joined the thousands of customers who recognise that Cloudy2Clear Windows really are a business that you can TRUST. The company which specialises in repairing windows which are steamed up, broken or damaged by replacing the panes - not the frames has received the coveted 'Which Trusted Trader' status after going through a rigorous accreditation process entirely focussed on customer service.

Group Managing Director Marcus McGee believes that Which? have endorsed Cloudy2Clear's long standing company

policy of delivering the highest standards possible at all times. 'Our service is simple. If your double glazing has misted up we can replace the glass at a fraction of the cost of a new window, in any type of frame, and with a new 10 year guarantee. But it's not just about saving people money, although that obviously helps. Whilst a number of tradespeople perhaps don't focus on customer care as much as they should do, we make sure we turn up when we say we will, do the job the customer requires and leave their house as clean as a whistle.

Locally Cloudy2Clear service the Bedford, Milton Keynes &

Leighton Buzzard areas and manager Stephen Moon agrees that this approach is a major factor in his success. 'The truth is that it's not just the personal satisfaction that I get from doing a good job but also it makes good business sense. I get a huge amount of business from friends and family of people I've done work for, which just goes to show how much a little bit of effort is appreciated as both my customers and, obviously a body as nationally important as Which? now recognise.'

So, if your windows are steamed up, broken or damaged give Stephen a call for a free quotation on 0800 61 21 118 and he'll be happy to help!

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# Warning to stay off railway line

BY SCOTT KIRK  
scott.kirk@onemk.co.uk

A WARNING is being issued to parents after figures revealed more children are trespassing on rail tracks.

Network Rail, which manages the railway system and has its HQ in MK, said the longer evenings and extended school holidays 'spell danger' for young people, who are twice as likely to trespass in the summer than winter.

The latest figures for Milton Keynes show there were nearly twice the number of incidents in 2015 compared to the two previous years.

As a result officers from British Transport Police are stepping up patrols in the area.

Alice Morton from Network Rail said: "We are reminding young people that if they are on the railway, they are on dangerous ground."

"It may seem like a good idea to take a shortcut, or fun to play on the tracks, but this is not only illegal, it is also dangerous."

"Britain has the safest railway in Europe but still too



**Danger: This youngster was seen on the tracks in Wolverton**

many people lose their lives on the tracks. As the railway gets busier and we electrify more lines to improve services, we must work harder to keep young people safe by making them aware of the dangers that exist."

There were 43 incidents in the city during the summer school holiday period in 2015, compared to 25 in 2014 and 23 in 2013.

As previously reported by OneMK, children were caught

trespassing on the tracks at Wolverton Works last month.

Over the past 10 years, almost 170 young people in the UK have lost their lives after trespassing on the railway.

The data shows that just under half of those killed are under the age of 25.

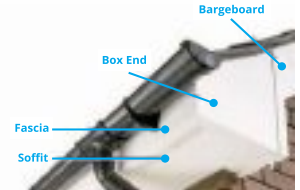
Taking a short cut was the motivation for 42 per cent of trespassers, while thrill-seeking was the reason for 19 per cent of cases.

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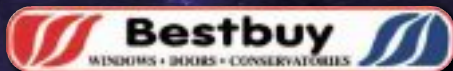
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# Family's food bank to provide Comfort

BY JESSICA DUNCAN  
jessica.duncan@onemk.co.uk

**A NEW family-run food bank set up in memory of a mother will help all those in need in Milton Keynes.**

Comfort Memorial food For All opened last week in Barton Road, Bletchley, and is being co-ordinated by Julianah and Samuel Adegbemioye and five-year-old Okiki.

Julianah told OneMK: "We decided to create the food bank in memory of my mother Comfort who was always helping people. We wanted to follow on in her legacy and to give back to the community."

"We have been talking with Milton Keynes Council and Milton Keynes Community Foundation to get people referred to us."

The food bank is currently being supported by Sainsbury's to provide long -life food and drink to anyone who needs a helping hand in the Milton Keynes area.

Julianah, 36, from Shenley Church End, added: "We want to be able help everyone who comes to us."



**Working together: Five-year-old Okiki with Julianah and Samuel Adegbemioye at their food bank, which has opened in Bletchley**

"We are Christians and believe it is our duty to help others, especially those less well-off than ourselves."

"There are seven core deprived areas in Milton Keynes and we hope to reach out to people in these areas."

As OneMK has previously reported, Milton Keynes Food Bank, which has been helping people with food parcels across the city since 2010, continues to face high demand.

The food banks are in talks about how they can work together, especially when either of them is suffering a shortage in some of its items.

John Marshall from MK Food Bank said: "We welcome any organisations wanting to help people in trouble."

"We are looking to work together to meet the needs of all those in Milton Keynes."

Find out how to donate long-life food to Comfort Memorial food For All at [onemk.co.uk](http://onemk.co.uk)

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MK – Stansted	£72.50	£87.50	£95.00	£150.00
MK – East Midlands	£72.50	£87.50	£95.00	£150.00
MK – St Pancras (Eurostar)	£85.00	£105.00	£112.50	£150.00
MK – London City	£85.00	£105.00	£112.50	£150.00
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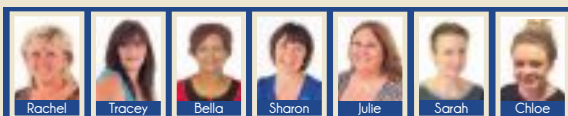
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# Hospital review to be revived in new health report

BY SCOTT KIRK  
scott.kirk@onemk.co.uk

**CONTROVERSIAL proposals that looked to transfer maternity services from Bedford to Milton Keynes University Hospital (MKUH) will now be resurrected in a third review into healthcare – that includes Luton.**

As previously reported by OneMK, the multi-million pound Bedfordshire and Milton Keynes Healthcare Review recommended almost doubling the number of births at MKUH.

But the review was paused in June ahead of the EU referendum to make sure it was consistent with the national Sustainability and Transformation Plan (STP).

A spokesman for the Bedfordshire and Milton Keynes Health Review said: "As the healthcare review and the STP process are both aiming to deliver high quality local healthcare services that are financially viable and fit for the future, it has been decided that it makes sense for the work to continue as a single programme.

"Considerable progress has been

made by the healthcare review in identifying potential service change options to address the identified challenges for healthcare in Bedfordshire and Milton Keynes.

"This work will be carried over to the STP process, where work will continue and potential options will be checked against the wider opportunities offered through extended working with Luton."

Pauline Philip, chief executive of the Luton and Dunstable University Hospital and lead for the Bedfordshire, Luton and Milton Keynes STP, said: "Clinicians, community leaders, patients, patient advocacy groups and many others across Bedfordshire and Milton Keynes have worked tremendously hard over a long period of time in identifying and exploring ways in which we can strengthen local hospital services. We don't want to lose any of that hard work, we want to build on it.

"In doing this, we want to take into account how solutions might be enhanced both by looking at the wider healthcare system in community, primary and mental health care provision."



## Flying the flag for park quality

A PARK has celebrated receiving Green Flag status for the ninth consecutive year.

Chepstow Park, located on the Racecourse Estate in Far Bletchley, was the first in Milton Keynes to receive the award, which recognises the best managed parks and green spaces in the country,

in 2007.

Last Wednesday a flag-raising ceremony was held in recognition of the achievement.

Representatives from The Henry Allen Trust attended the ceremony after they planted a 'tree of hope' at the park in March in honour of the four-year-old, who died from

childhood cancer neuroblastoma. The park was his favourite one in the city.

West Bletchley Council, which looks after the park, organised the event, while a team from RTM Landscapes Ltd, which helps with the upkeep of the area, also attended the celebration.

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# Altered plans for waste centre

BY JESSICA DUNCAN

jessica.duncan@onemk.co.uk

**CONCERNS** have been raised by residents and councillors over altered plans for a controversial waste transfer centre and concrete plant next to Willen Lake.

Councillor Catriona Morris has been part of liaison meetings since the scheme by Mick George Ltd for the Cotton Valley Sewage Works site was approved by Milton Keynes Council in March.

She said: "They have gone and put the new plan in anyway despite nearly all of us saying don't."

"Some of the residents are concerned this will bring more dust and noise near their homes."

"The big worry is a concrete crusher that was taken off the original plan comes back."

"They have got a planning application now, so we are saying stop changing it."

The proposed changes include:

- Relocation of the waste recycling building 188 metres further south
- Replacement of concrete panels with cladding on the waste recycling building
- Relocation of the weighbridge office and welfare cabin
- Relocation of the hardcore, soil and wood storage areas
- Relocation of the waste container storage area
- Provision of a welfare cabin and storage unit for the concrete plant
- Provision of a four metre high retaining wall and associated tree planted landscaped embankment



**Controversial changes:** Plans for the development, above, have changed. Below the red line shows the new building location



## Company wants to 'build bridges' with objectors

JON Stump, finance director for Mick George Ltd, told OneMK:

"The planning application for a revised layout at Cotton Valley provides additional visual amenity benefits for the proposed building."

"During the statutory consultation period for the original application, concerns were expressed by residents and councillors about the perceived visual impact the waste recycling building itself may have on the immediate and wider surroundings."

"Those concerns were reiterated during the discussions held by the planning committee ahead of it subsequently voting in favour of permitting the proposed development."

"The revised drawings include changes that involve relocating the waste recycling building nearly 200 metres further south away from residential dwellings in Willen and the provision of a four metre high retaining wall and associated tree planted landscaped embankment."

"The key considerations of this current application are the visual impact of relocated structures and various stockpile/storage areas from sensitive viewpoints."

"We consider the proposed site layout variation would help us build bridges with those who are opposed to the scheme."

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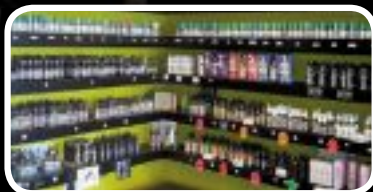
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**Driving force:** Councillor Hiten Ganatra is trying to get the speed limit reduced on roads being used to avoid traffic by motorists

## 'Roads are rat runs'

BY JESSICA DUNCAN

jessica.duncan@onemk.co.uk

**A PETITION has been launched to stop residential roads being used as rat runs by drivers.**

Councillor Hiten Ganatra has set up a change.org petition to cut the speed limit on Faraday Drive, Rutherford Gate and Redwood Gate in Shenley Lodge, which connect to H7 Chaffron Way, from 30mph to 20mph.

"Many residents of Shenley Lodge have complained of drivers using these roads as a rat run to beat the early

morning rush, said Cllr Ganatra, who represents the Shenley Brook End ward on Milton Keynes Council.

"Not only is this causing danger to local ward residents but also children who attend the local primary school.

"I would like to get your opinion on whether you would support a lowering of the speed limit to 20mph, which will help to enhance road and pedestrian safety."

The petition currently has 42 of the 100 signatures it needs for the issue to be discussed by the council.

Resident Misha Bakker, who is supporting the petition, said: "I have to cross this dangerous road with my daughter twice a day going to school.

"The currently installed speed cushions are making drivers speed up to go over them rather than slow down and drivers parking their cars along the road makes it impossible to have good visibility to cross the road."

Fellow resident John Schell added: "My family and I are affected by these dangers daily and have been for the past 12 years living in Faraday Drive."



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## Schoolchildren put on a show

A PERFORMANCE of Little Shop of Horrors has taken place at MK Academy.

Twelve primary schools from the wider Woughton area were also involved in the production, which starred Callum Walsh as Seymour, Hana Amankwaah as the plant Audrey II and Megan Glasspool as Audrey.

■ To read a review of the show go to [onemk.co.uk](http://onemk.co.uk)



# Concerns raised over refurb cost

BY JESSICA DUNCAN

[jessica.duncan@onemk.co.uk](mailto:jessica.duncan@onemk.co.uk)

**THE increased costs forecast for the refurbishment of Milton Keynes Council's Civic Offices have been questioned.**

Edith Bald, leader of the Conservatives, is concerned about how much could be spent and whether this represents value for money at a time when taxpayers are calling for more to be invested in housing and schools.

It is estimated the cost of £5.8million approved in July is now likely to be more than £8million.

Cllr Bald said: "One thing for sure is that costs are likely to increase further. There has been no asbestos survey, which on a building of this age could push costs up more."

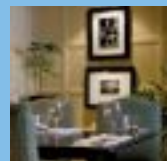
The plans aim to centralise the 2,000 council staff into the Civic Offices, allowing the authority's building in Saxon

Court and space in Station Square to be leased.

Rob Middleton, Labour's cabinet member overseeing the refurb, commented: "The building cost increase has come after the council discovered it needs to replace its air cooling system, at a cost of £2.6million, as OneMK reported. The reason we are spending this money here is because when can save £1million a year and can rent out Saxon Court."



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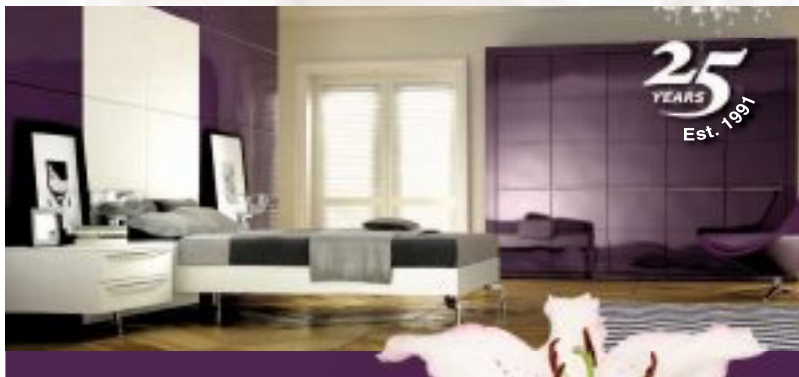
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Your customers are not your friends - though some do become so - but you do feel very much a part of the family when working very closely with them in their homes. There are many I keep in contact which makes my job one of the best.

Michael and I would love to thank all of our customers for the last 25 years and look forward to the next years of trading in Wellingborough and around Northamptonshire.



**Julie Hawker-Cole**  
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**Run Your Way:** The models at the fashion show on Friday showed off the latest summer trends. You can read more about the designers and fashion tips at [onemk.co.uk](http://onemk.co.uk)

## Catwalk creations

BY MICA WHYTE

[editor@onemk.co.uk](mailto:editor@onemk.co.uk)

**A FASHION show has been held to highlight the talent of local designers.**

Run Your Way, which was organised by GEM Media Events, featured fun, flirty and vibrant designs on models and west end dancers, including Milton Keynes' own Dance Box choreographer and Thriller Live dancer, Jessica Craft-Graham, who choreographed the show.

She said: "It's great to see people coming out and

supporting talent."

One of the brands, The Dress Empire in Fenny Stratford, owned by ex-Brookside actress Ann Marie Davies, who is also married to MK Dons boss Karl Robinson, had everyone in awe of the stunning gowns, which were apt for the current wedding and prom season.

She said: "It went really well but it was over really quickly."

Other designers and brands in the show, held at Wonderland nightclub in Xscape on Friday, were James Virgo, Louise Ferdinand handmade underwear,

KRISP, Fiyah jewellery, Mammaw, Gemma McErlane, Edith Bernard, Guinevere Launcelot, Super Diva jewellery, TYT London, Chloella's Closet. Fashions brands in Xscape, Billabong, Rip Curl and Roxy were also surfing down the runway to show a casual and summer vibe.

Gemma Burnikell, owner of GEM Media Events, plans to hold another fashion show in the autumn.

She said: "I was really pleased with the turn out, especially for the first one! I've already got started on the next one."



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# The show goes on after rescue

BY JESSICA DUNCAN

jessica.duncan@onemk.co.uk

THE AA came to the rescue of the cast of *A Midsummer Night's Dream* following a 'nightmare' breakdown on Saturday night.

The audience for the outdoor performance in Linford Manor Park were told by organisers The Parks Trust that 'due to unforeseen circumstances' it would start an hour later than planned.

Despite the delay, visitors to the Shakespeare in the Park event remained in high spirits, enjoying their picnics in the manor's surroundings in Great Linford.

They then applauded the AA when they dropped of the cast from outdoor theatre company Illyria, which quickly set up the stage before performing the show.

Oliver Gray, artistic director at Illyria, which is based in Cornwall, said the cast were glad to have the support of the audience when they eventually arrived.

He said: "The team had been in Stockton on Tees and were coming down south



Roadside rescue: See a video of the audience applauding the cast and the AA as they arrived on Saturday at onemk.co.uk

when the worst happened.

"The head gasket had gone and the van wasn't going anywhere.

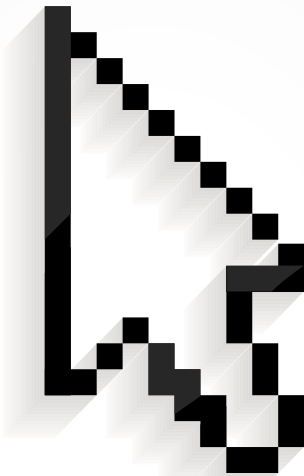
"It was my worst nightmare and I had to order a replacement van to go to Milton Keynes, while getting the AA to pick up our cast.

"The Parks Trust was wonderful when I think on the inside they would have been very stressed, but it was very good and regularly updated the audience.

"But it is the audience that we want to give an extra thank you to, who, despite us arriving 20 minutes after the performance was supposed to start and still having to set up the stage, were wonderful and it was really moving."

Briony Fox, head of community engagement at the trust, added: "We always like our events to be memorable and it's great the AA made this year's Shakespeare in the Park unforgettable!"

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# Cash to be Catalyst for more fundraising

BY SCOTT KIRK

scott.kirk@onemk.co.uk

**MILTON Keynes Arts Centre has received funding of £150,000 to help it with more successful and sustainable fundraising activities.**

The centre in Great Linford was among 140 across the country to be given cash from the Arts Council's England's Catalyst: Evolve programme.

The new initiative aims to support organisations with a limited track record in fundraising to attract more private giving.

Emma-Jayne Taylor, director of Milton Keynes Arts Centre, said: "Milton Keynes Arts Centre is at a significant point in its development.

"Catalyst: Evolve will increase our fundraising capacity, enabling the delivery of our Capital Project, which will see the redevelopment of our specialist resource centre – the Radcliffe Building – providing full accessibility for all our communities along with a new café and education space."

The Evolve fund will help



**Funding:** Emma-Jayne Taylor is delighted to receive the money

organisations develop successful and sustainable fundraising models by investing in their capacity.

Money raised will be matched by the fund over a period of three years.

It is expected organisations will continue to generate new money for the sector beyond the end of the grant programme.

Peter Heslip, director of the South East for Arts Council

England, said: "We're really pleased to be able to support so many organisations across the South East to develop their fundraising capacity."

"We were impressed by the level of demand for this scheme from the arts sector keen to develop new income streams and philanthropic networks. I look forward to seeing all of them realise their plans over the next three years."

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### Our price includes

- A visit with entrance to Beamish Open Air Museum
- A visit to York Christmas market
- Two nights' three-star standard dinner, bed and English breakfast hotel accommodation in the North East area
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## A giant month for arts group

FESTIVE Road is celebrating its busiest and most successful month since it began. The outdoor arts development company, which was set up in 2005 and is based in CMK, spent July showing off its large weird and wonderful creations at MK Festival Fringe and in London. They included artist Clive Doherty's unique interactive mechanical sculptures, pictured, at the centre:mk.



# Expansion will offer chance for a home

BY JESSICA DUNCAN  
jessica.duncan@onemk.co.uk

**EVERYONE will have the chance to buy or rent a home in the city by 2026, according to Milton Keynes Council.**

About 28,000 homes are planned in the three main expansion areas in Milton Keynes east, west and north with 35 per cent of each development being affordable or social housing.

Council leader Pete Marland

said: "With the current housing crisis it's vital that MK builds housing to accommodate our needs, so everyone has a home to rent or buy at a price they can afford, while we also need to ensure we provide the right infrastructure like schools, GP surgeries and other facilities that make a community people want to live in."

These new areas aim to be sympathetic to the countryside around them and thanks

to development briefs set out by the council, the buildings and style is regulated to fit in with the 'MK look'.

Developers have to pay a percentage to fund the key infrastructure of a new area – called a 106 agreement. This funding enables the building of roads, redways, schools and health centres before the housing is completed.

Read more about the development areas at [onemk.co.uk](http://onemk.co.uk)

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# Business

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Taking the Bull by the horns: Residents check out the plans for The Bull Inn in Olney during the public consultation

## Area's history celebrated at pancake shop

A TOWN famous for its annual pancake race on Shrove Tuesday now has its very own parlour serving them.

The Donaldson family who have lived in the town for 20 years have recently taken over Beans coffee shop in Market Place, Olney.

It has turned it into Olney Pancake Parlour run by sisters Jennifer, 24, and Gillian, 21.

They are serving sweet and savoury pancakes, made to order by two local cooks, at breakfast and lunch times.

Father Barry said: "Olney is the town famous for the pancake race and we thought it appropriate that there should be a business that embraced this."

"Everyone we have spoken to has said it's a great idea and questioned why it hasn't been done before."

The family, which aims to have the best customer service of any food establishment in Olney, plan to capture the history of Olney in a refurbishment of the shop later this year.

As well as the annual pancake race, the town's connection to well-known hymn Amazing Grace and poet William Cowper will also be celebrated.

Barry added: "We want to capture the history of Olney and when we refurb later this year the plan is to have historic photographs from the race and other historic links like Amazing Grace and Cowper."

The Pancake Parlour is open from 8am to 5.30pm Monday to Saturday and 8am to 4.30pm on Sundays.

# Posh restaurant and hotel plan for fire damaged pub

BY JESSICA DUNCAN  
[jessica.duncan@onemk.co.uk](mailto:jessica.duncan@onemk.co.uk)

**PLANS to transform a pub damaged in a fire into an upmarket restaurant and hotel have been revealed.**

Charles Wells unveiled its £1.5million proposal for The Bull Inn in Olney's High Street at a public consultation on Friday and Saturday, with the

scheme receiving positive feedback from residents.

A spokesman for Charles Wells said: "We received a positive response with over 200 people signed up to support it. We will now be working with local planners to re-establish The Bull as a pub that Olney can be proud of."

The plans, which prioritise the history of the building

and its listed status, currently include a hotel on the first floor with 11 en-suite bedrooms, some with roll top baths.

Original fireplaces will be used as centrepieces and cobbled floors in the stable areas will remain but may be covered by glass to highlight them.

The restaurant, which will

expand into the courtyard area, will be run by Apostrophe Pubs, a branch within Charles Wells that also runs d'Parys in Bedford and Merlin's Cave in Chalfont St Giles.

The back garden will be kept but parking would be added.

Charles Wells has stressed the plans, which are being created by MR + P Architects,

are in the early stages, which is why it wanted to consult with the public.

The Bull remains closed following a fire in May, which started in a oven in a van parked in the pub's courtyard and damaged the rooms above. If the plans are approved by Milton Keynes Council Charles Wells hopes to reopen in 2017.



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# Business

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## City leading way in startups and web-friendly companies

THE StartUp Britain Bus visited Central Milton Keynes last Wednesday following new statistics that more than 1,500 businesses have been created in the last six months.

Following the event where people could get advice and speak to professionals, 123 Reg, a website building company, released statistics that showed a total of 9,604 businesses in Milton Keynes (72 per cent) have websites.

Fifty-one per cent of companies with a website in the city have a mobile-friendly

version, which compares favourably with the national UK average of 43 per cent.

Nick Leech, digital director of 123 Reg, said: "As businesses learn more digital skills, we are confident that Milton Keynes' entrepreneurial spirit will continue to flourish."

"We've invested heavily to get to know our customers and we know that an area where small businesses really need support is around digital skills."

"Despite economic uncertainty following Brexit, MK remains a hotspot."

# Why MK is second best place to work

**AFTER Milton Keynes was voted as the second best place in the country to work, OneMK reporter SCOTT KIRK spoke to one business to find out what it is about the city that makes it so good to work in**

**PERSONAL Group has been advising businesses across the UK on employee benefits from its base in Milton Keynes since 1984.**

Staff at its Silbury Boulevard offices in CMK have access to a gym and can pay less tax on the latest Apple and Samsung products due to the way it is deducted from their wages.

It is benefits like this, as well as employees having the chance to go on holiday to Las Vegas or New York if they hit their targets, that is helping Milton Keynes attract workers and seen it named as one of the best places to work in the country.

"As it's not far from London we've found Milton Keynes a great place to be," said Rebekah Tapping, HR

director at the company.

"We're near so many areas so we can attract so many people into our area and Milton Keynes is such an easy place to come and work in."

Communication with the workforce and feedback from employees is another vital way the company tracks how happy people are working at Personal Group.

"It's important that everybody is involved in the business," added Rebekah.

"We do an awful lot of work with people in the business when they first come here."

The survey on the best places to work was compiled by recruiting website Glassdoor, with Milton Keynes only beaten to the top spot by Cambridge.

With a population of 171,750, the average house price in Milton Keynes was found to be £292,692 and the median base salary was £36,000.

Glassdoor awarded the city a job score of four out of five due to its hiring opportunities, cost of living and overall job satisfaction.



**A good place to work: Rebekah Tapping from Personal Group**

## Job show is set to be even bigger

AN EXTENSIVE list of companies have already signed up to be part of the next MK Job Show in September.

Businesses continue to thrive in the city and Pam Gosal, head of corporate economic development and inward investment at Milton Keynes Council: Invest MK, said: "Milton Keynes remains very much open for business and the Invest MK team continue to work with businesses looking to start-up in, relocate to, or expand within MK

and proactive work is ongoing to attract new businesses to the area.

"As a result, irrespective of the current economic climate, enquiries are continuing to come in and commercial deals are continuing to go through. This demonstrates commitment to the area and a strong degree of confidence in the city economy."

MK Job Show, which will be held in Middleton Hall at the centre:mk, provides a platform for businesses to showcase the opportunities they

have to a huge audience of potential employees.

The main sponsor of the event is the University of Bedfordshire and sponsors and exhibitors include the Civil Service, Teach MK, VW Financial Services, MK University Hospital, MK Fostering and Adoption Team, PJ Care and Santander.

If you would like to find out more or exhibit at the show, taking place from September 16-17, visit [onemk.co.uk](http://onemk.co.uk)



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# Business

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## business round-up

### Aldi set to reopen

ALDI is due to reopen the doors to its Bradwell Common store following a refurbishment. The shop, in Bradwell Common Boulevard, features a new layout and will offer more than 1,500 product lines including weekly 'Specialbuys'. It is set to open from 8am tomorrow.

### £600K pub investment

CHARLES Wells has partnered with Fitzrovia Pub Company to invest £600,000 into The Anchor in Aspley Guise. The pub is due to open in mid-September offering high quality food and drink and a private dining room. The reopening will also create 40 jobs.

### Shortlisted for award

SPRINGBOARD Research Group, based in Linford Wood, has been shortlisted as a finalist in the Vonage Business Enabler of the Year Award. The 2016 national awards are being run by Lloyds Bank to recognise efficiency and innovation.

### Town carvery opens

THE Red House Inn carvery in Newport Pagnell is now open for business. Read more at [onemk.co.uk](http://onemk.co.uk)

# Crooked Billet recognised in Top 100 UK restaurants

MK's best: The Crooked Billet has been included in the list



BY JESSICA DUNCAN

[jessica.duncan@onemk.co.uk](mailto:jessica.duncan@onemk.co.uk)

A POPULAR restaurant that already holds a top spot on TripAdvisor has been named one of the best in the UK in an annual list compiled by an independent guide.

The Crooked Billet, in Westbrook End, Newton Longville, was ranked 89th in the list of the top 100 restaurants by Squaremeal.

Co-owner David Pugh said: "We are very proud to be in the top 100. We are nearly two years into our new business and have achieved a great deal since we began our journey and we have a whole lot more to give."

"Our aim in the beginning was to bring the art of fresh food cooking back to MK as so many chain restaurants

are doing the same old thing. We offer our bar and a la carte menu, as well as afternoon tea."

"There are so many independent business in Milton Keynes producing some great things and Milton Keynes should embrace and support them."

Voted for by thousands of readers, bloggers and local foodies, Squaremeal's top 100 is unique as it is the only poll to exclude London restaurants, allowing the UK's regional dining scene to shine.

The South East of England was the big winner in 2016, with nine more restaurants in the list this year than 2015, including the number one restaurant – The Fat Duck in Berkshire – which wasn't included in 2015 because it was closed for renovations.

## Green light for business park's expansion

AMBITIOUS plans to expand a business park have been given the go-ahead.

The new owners of Woodlands Business Park have been given permission by Milton Keynes Council to develop up to 150,000sq ft of grade A office accommodation.

New roadways, footpaths, parking areas and structural landscaping will be also be created to serve the existing and new buildings under the

scheme, which was unanimously approved by councillors.

Barwood Capital, a leading UK real estate development business, hopes the expansion will make the park in Linford Wood a leading location for companies in the city.

Andrew Barlow, director of Barwood Capital, said: "The council has supported our ambition to transform Woodlands Business Park into a first class modern

business environment to enhance Woodlands' business community and compliment the estate's excellent location and proximity to Central Milton Keynes."

"The 10 companies at the park are thriving and our aim is to provide a place where they feel the utmost pride, through our investment to deliver greatly improved landscaping and high specification new office space."

## Serving up new showroom

A KITCHEN company will launch its new showroom with the help of a top chef.

Concept Kitchens in New Bradwell will be unveiling its AEG showroom on Saturday, August 20.

As well as fun, foodie activities, Jeremy Pang from London's School of Wok, pictured, will be giving a demonstration on the equipment.

Director Ryan Feeney said: "We are so pleased to be officially announcing our new partnership with AEG through such an interactive open day, providing an opportunity for all of our customers to get hands-on with the appliances."

"We are certain that they



will be just as impressed with the fantastic kitchen equipment as we are, particularly when they get to

try out the amazing dishes that can be created.

"Visitors can also enjoy a cooking equipment raffle."

## THE MYTH THAT YOUR FINAL SALARY PENSION SCHEME IS GOLD-PLATED

We have a new client let's call him John and his wife June. They have 2 children. He is aged 50 and she is 46. John has had a successful career and has built a sizeable final salary pension with a previous employer, a household name company. His forecast pension at age 60 is £80K a year together with a tax free cash lump sum of £525K. So good so far.

The pension scheme is currently quite secure. However, after a full review was carried out he was perturbed to discover that if he predeceases June she will receive a widow's pension of half of his in the sum of £40K p.a. index linked but no tax free cash lump sum! Furthermore when she finally dies the pension will die with her meaning that their children will be totally disinherited! This is important because he has been offered a transfer value by his old scheme of £1.9 million!



**Tony Byrne**  
Managing Director

If the pension were transferred into a personal pension the death benefit available to his widow and their 2 children would be £1.9 million instead of just £40K p.a. index linked for the rest of June's life only!

Even if John were to live long term he would still be dependent on his previous employer not failing like the recent cases of BHS and TATA Steel. If his ex-employer's pension scheme were to fail and be taken over by The Pension Protection Fund

his pension would be reduced from £80K p.a. to just £32K p.a! Not a very reassuring prospect.

Unsurprisingly John made the decision to transfer his final salary pension scheme into a Self Invested Personal Pension managed by us instead. He is aware there is an investment risk with a personal pension in that returns are not guaranteed but he thinks it's a risk worth taking.

Do bear in mind that this is one specific example. You should always take professional advice before making such an important financial decision.

We are currently offering a free pension review to the first 10 people to contact us by 1<sup>st</sup> September 2016.

This offer is subject to qualifying conditions. Please contact us by phone: 01908 523740 or email: [wealth@wealthandtax.co.uk](mailto:wealth@wealthandtax.co.uk)

Tony Byrne  
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**KATIE** 35yrs, slender well educated brunette seeks no strings mutual pleasure with gent 40+. Must be discreet, married or single. ACA. Tel: 0906 515 3000 Box No: 419673

**PEGGY**, 67, n/s, occasionally drink, likes the outdoor life, theatre, films, looking for somebody for a nice relationship. Tel No: 0906 515 4426 Box No: 423455

**KIM**, 32yrs, attractive blonde lady seeks discreet gent for daytime distractions. ACA. Tel: 0906 515 3004 Box No: 421657

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**VALERIE**, curvy young looking widow loves dancing, nights out, but would prefer cosy nights in with that special male. Tel No: 0906 515 4426 Box No: 423491

**JANE**, young 41, very broadminded seeks chap any age for discreet no strings fun, any age, no time wasters. ACA. Tel: 0906 515 3008 Box No: 409715

**OUTGOING** blonde, 29, big blue eyes, great personality, fun to be with, WLTm intelligent mature lady for a loving relationship. Tel No: 0906 515 4426 Box No: 423475

**KERRY**, 35yrs, married in open relationship, attractive, tall, slim and very presentable. Seeks discreet gent any age for casual pleasurable encounters. Tel: 0906 515 3040 Box No: 422363

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**ANNA**, 37, Chatty blonde, fun to be around, looking for fun confident guy to enjoy time with. Tel No: 0906 515 4426 Box No: 423441

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**HI I'm Pam**, slim, blonde, green eyes, discreet, loves cuddles, seeking similar discreet tactile male for mutual friendship with benefits. Tel No: 0906 515 4426 Box No: 378499

**EMILY**, mature well educated lady, blonde and smart and broadminded seeks gent any age for no strings fun. ACA. Tel: 0906 515 3020 Box No: 421375

**DEBBIE** dark haired passionate classy, discreet female looking for professional intelligent male wanting mutual companionship. Can accommodate. Tel No: 0906 515 4426 Box No: 380441

**LORRAINE**, attractive solvent brunette, 34yrs, own house/car withn gent any age, looks unimportant but must have GSOH. ACA. Tel: 0906 515 3028 Box No: 422415

I am a white caring lady, a young 55, seeking a caring black man for meals out, pubs, walking out, or just cosy nights in. Text only Mailbox: 5158879

**FELICITY**, well educated, sophisticated lady, 38yrs, unhappily married and looking for a distraction with a man 30+, must be discreet. Text only Box: 4023417

**TRACY** 44, outgoing bubbly brunette, likes to keep fit seeks outgoing, sporty male who knows how to enjoy life too. Tel No: 0906 515 4426 Box No: 423303

**LAURA**, single mum, 29yrs, blue eyed blonde, fair skinned, pretty. Lonely and seeking adult company when the kids are in bed! ACA. Text Only Box: 4161735

**ALISON** 35, stunning, busty and fun, looking for someone outgoing and broadminded who would like to share lazy lunches, good times and more. Tel No: 0906 515 4426 Box No: 423257

**DENISE** 40, stunning slim brunette, great company, loves going out, looking to share intimate moments with that special someone. Looks unimportant. Tel No: 0906 515 4426 Box No: 423239

**JENNY** 38, petite, bubbly blue eyed babe, always on the go, WLTm unattached fun male to see what the future brings. Tel No: 0906 515 4426 Box No: 423091

**KERRY** 39, independent curvy brunette, sensual, tactile, loves cuddles and kisses, seeks cheeky, spontaneous guy to keep her company and make her smile again. Tel No: 0906 515 4426 Box No: 423059

**ATTRACTIVE** energetic mature lady, looking for well-travelled, solvent companion for holidays, dining out and days away. Text only Mailbox: 5502846

**KATHY** 40ish, passionate, outgoing, adventurous red haired lady looking for adventure, seeks tall good looking guy for a relaxed no strings relationship. Tel No: 0906 515 4426 Box No: 423005

**IRENE** 55, sensual, very fair slim blonde, striking green eyes seeks young at heart dark male who has plenty of fun ideas. Tel No: 0906 515 4426 Box No: 422861

**SUZANNE** 50, tall blonde, works hard, plays harder, lots to offer the right male, seeks confident man who thinks he could handle her. Tel No: 0906 515 4426 Box No: 422841

**SABINA**, 35, outgoing attractive brunette, fit and carefree just looking for fun times without complications, maybe more later. Tel No: 0906 515 4426 Box No: 423003

**ATTRACTIVE** Suffolk mid forties female seeks male, 39-59, for coastal walks, dog walking and motor sports. Must have GSOH! Text only Mailbox: 5482094

**ANNA** 43, sensual blue-eyed blonde, fun and vivacious, loves to wine and dine seeks tall, dark male for good conversation, fun and romance. Tel No: 0906 515 4426 Box No: 422713

**CLAIRE** 30, tall and curvy, long/dark, curly hair, likes to keep fit, seeks genuine male to share fun, friendship, maybe more. Tel No: 0906 515 4426 Box No: 422543

**ELAINE** 51, petite, naturally sexy, very feminine, seeks calm male to share a loving 1-2-1 relationship with. Tel No: 0906 515 4426 Box No: 422489

**PAT**, petite blonde lady, GSOH, young looking for her age, seeks genuine gent any age with GSOH. Tel No: 0906 515 4426 Box No: 422393

**RITA**, seeks a genuine male for friendship, days out, shes very friendly, genuine and social, give her a call ACA. Tel No: 0906 515 4426 Box No: 422403

**DEBBIE** 48, crazy sense of humour, loves countryside, seeks similar nutty guy for uncomplicated fun times. Tel No: 0906 515 4426 Box No: 422441



**male seeking**

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**RICHARD**, 39, tall, blue eyes, black hair, likes gardening, jigsaws, long walks, animals, socialising, looking to meet a female for friendship initially and see where it leads to. Tel No: 0906 515 4426 Box No: 423499

**BEN**, kind caring gent, 37yrs, very tall and well built with curly black hair. Own home, good job, just missing a special lady. Text Only Box: 4158248

**RYAN**, spontaneous, GSOH, tactile seeks pretty lady friend/LTR. Cams area. Text only Mailbox: 4886067

**MALE**, 56, kind-hearted would like to meet female early or late 50s. Text only Mailbox: 4371824

**CHRISTIAN** gent, friendly and bubbly, goes to church every Sunday, hobbies include motor sports, cycling, playing snooker/darts, taking my dog for a walk, WLTm friendly and outgoing lady. Tel No: 0906 515 4426 Box No: 423279

**MALE**, 48, looking for fun, no strings, with a lady in the same position, age unimportant. Tel No: 0906 515 4426 Box No: 421911

**MALE** wishes to meet female, early to late 50s for nights in and nights out. Text only Mailbox: 4371824

**ROGER** young minded, 67, very adventurous, looking for a lady 40 years old upwards who is smart and would like to enjoy times with me. Text only Mailbox: 5350823

**IAN**, 56, kind hearted, likes anything in life, WLTm female early to late 50s. Text only Mailbox: 4371824

**WIDOWER** young outlook, genuine, caring and considerate gent, GSOH WLTm a genuine lady, similar age. Text only Mailbox: 5503258

**BOB**, young at heart, active 66 year old widower, genuine, honest, caring and considerate gent with a GSOH, WLTm a genuine kind and caring lady, who like me would like a LTR. ACA. Tel No: 0906 515 4426 Box No: 423115

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**MALE** 68, easygoing, semi retired, likes walking, cinema, eating out, driving, watching most sports, WLTm lady 55+. Text only Mailbox: 4856527

**NIGEL**, 51, married, looking for someone local, for regular fun times and a possible relationship, please get in touch. Tel No: 0906 515 4426 Box No: 422947

**ADRIAN** 47, seeks easy going female for fun times. Text only Mailbox: 4756333

**MALE**, 72, smart, fit, enjoys life, country walks and the coast, pub lunches, fun to be with, seeks similar female, Cambridge/Suffolk/Norfolk areas preferred. Tel No: 0906 515 4426 Box No: 422995

**CLIVE** 60, single gent, looking for open-minded lady about 60-80, looks not important, for mutual fun. Text only Mailbox: 5450831

**BLACK** male, 50, bubbly personality, WLTm plus size white female, for friendship leading to possible LTR. Tel No: 0906 515 4426 Box No: 422573

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**AGELESS** guy who's lived several lifetimes, looking for a woman he can cherish, and who'll take care of him in return. 30-50. Text only Mailbox: 5480502

**YOUNG** 60yr old male into days out, dining out, walks, gardening, W L T M single lady for friendship relationship. Text only Mailbox: 5468929

**MIKE**, 64, outgoing person, enjoys life, likes sport, cricket, nice meals out, holidays, WLTm someone to share interests and quality time. Tel No: 0906 515 4426 Box No: 422329

**JAMES** 44, 6ft blue eyes and single, looking for that special lady for LTR. I enjoy walking, visits to the pub and animals. Text only Mailbox: 4359515

**MATURE** male seeks female, any age/status not important for casual fun. Nice flat, nice car. Witney. Text only Mailbox: 4417158

**SLIM** fit friendly single male 45 WLTm genuine single lady 25-40 for friendship fun and hopefully LTR. Norfolk Suffolk area. Text only Mailbox: 4417158

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**63YR** old bi male seeks Asian male for lots of fun times. Text only Mailbox: 4172093

**MUSCULAR** bi guy, 48, seeks weekday fun with a Milton Keynes guy, any age/size/colour. Cannot accommodate. ACA. Tel No: 0906 515 4426 Box No: 422697

**BI** guy looking to meet other gay/bi guy. Tel No: 0906 515 4426 Box No: 422433

**SIMON**, tall, slim, smooth, WLTm someone for fun times, so get in touch! Tel No: 0906 515 4426 Box No: 422161

I would like to meet a bi male for some good fun aged 50 plus, if interested please get in touch. Text only Mailbox: 4179998

**BI** male 54, friendly, honest, quiet nature seeks male for friendship and fun 50+. Text only Mailbox: 5444217

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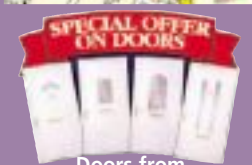
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## Venue guide



### Maracanã

The famous stadium will stage key football matches and the opening and closing ceremonies. Modernised for the 2014 World Cup.

### Sambódromo

Traditionally used for samba school parades during carnival, the Sambódromo will host archery and the start and finish of the marathons.

### Olympic Arena

A legacy of the 2007 Pan American Games, and home to artistic and rhythmic gymnastics and trampolining.

### Olympic Stadium

Also built for the Pan American Games, the Olympic Stadium hosts early stages of the football before making way for athletics.

### Pontal

A temporary facility on the coast which is the start and finish for road cycling time trials and race walking.

### Riocentro

Various pavilions will host badminton, boxing, table-tennis and weightlifting, with a 'low-speed air conditioning system' in pavilion four.

### Carioca Arena 1

Home of basketball was built for the Games and afterwards will be part of the Olympic Training Centre.

### Youth Arena

Located on Avenida Brasil, one of Rio's busiest streets, the Youth Arena holds the modern pentathlon's fencing matches and women's basketball.

### Beach Volleyball Arena

A temporary structure with a centre court for the matches, five training courts and two warm-up courts.

### Whitewater Stadium

Contains 25 million litres of water in two canoe slalom courses, one for competition measuring 250m and a 200m training course.

### Lagoa Stadium

Rodrigo de Freitas Lake, one of the city's main landmarks, stages the rowing and canoe sprint events.

### Olympic BMX Centre

Occupying around 4,000 square metres of the Radical Park, the BMX centre has a dirt track full of ramps and turns.

### Mountain Bike Centre

Also part of the Radical Park, the 5,400m track makes the most of the natural contours of the land.

### Fort Copacabana

The starting point for road cycling, open-water swimming and triathlon. Set at one end of Copacabana Beach.

### Rio Olympic Velodrome

The track venue will be used as a training centre for high-performance athletes after the Games.

### Maria Lenk Aquatics Centre

Named after the first Brazilian woman to participate in the summer Olympics, in Los Angeles in 1932, the centre will host diving, synchronised swimming and water polo.

### Olympic Equestrian Centre

Another legacy of the Pan American Games, it has been modernised and expanded for the Games and contains the jumping and eventing arena and cross-country course.

### Carioca Arena 2

The home for wrestling and judo will become a training centre for a variety of sports after the Games.

### Carioca Arena 3

Home of the taekwondo and fencing competitions, the venue will become a specialist sports school with capacity for 850 full-time students.

### Olympic Golf Course

Built for the Games on reclaimed land, the course was designed by renowned architect Gil Hanse.



Rio's Olympic Stadium



Volleyball on Copacabana

### Future Arena

Home to handball, the arena is a temporary structure which will be dismantled after the Games and used in the construction of four schools.

### Olympic Hockey Centre

Renovated after the Pan American Games, the hockey centre has two artificial pitches.

### Deodoro Aquatics Centre

The venue for the swimming in the modern pentathlon features a renovated outdoor pool.

### Deodoro Stadium

Built around an existing polo field, the temporary stadium will host rugby and the equestrian and running/shooting in the modern pentathlon.

### Marina da Gloria

The base for the sailing taking place in the waters of Guanabara Bay includes a new roof, event areas and a temporary pier for spectators.

### Olympic Tennis Centre

Some of the centre's 16 courts are temporary, but the centre court and its facilities are permanent and will be one of the Games' biggest legacies.

### Maracanazinho

Volleyball's traditional home in Brazil features one renovated training court and a temporary one for the Games.

### Amazonia Arena

Built for the 2014 World Cup, the stadium in Manaus will host six group-stages football matches.

### Corinthians Arena

Also constructed for the World Cup, the home of Corinthians is in São Paulo. It will host group and quarter-final matches plus a men's semi-final and women's bronze game.

### Fonte Nova Arena

Renovated for the World Cup, the stadium in Salvador hosts eight group matches and two quarter-finals, one men's and one women's.

### Mane Garrincha Stadium

Brasília hosts eight group-stage matches, including the opener in the men's event, and two quarter-finals.

### Mineirao

Belo Horizonte hosts six group games, two quarter-finals, a women's semi-final and the men's play-off.



## Darren Campbell

Broadcaster and 2004 Olympic gold medallist



# My faith in a clean Games

THE run-up to Rio 2016 has been under a cloud, but the Olympics will always be about the human spirit and overcoming adversity.

Being an Olympian is such a special thing and, despite the pain and controversy of recent days, once the action starts I'm sure we will experience a lot more joy.

There is no doubt Russia, with all the deception and corruption, have taken cheating to a totally different level.

My heart goes out to those Russian athletes who haven't cheated and won't be able to compete in track and field in Rio, but the blame isn't just on the athletes that cheat. The sport, and the IOC's decision not to impose a blanket ban on Russia in Rio, is a case in point, makes it too easy to cheat.

To get back to the essence of the Olympic Games, any athlete who has served a ban for performance enhancing drugs from whatever country should be banned from the Olympics. It is that simple.

At the moment there are so many organisations who have to put their hands up and say 'Maybe we haven't done our jobs right'.

It is still easy for me to get excited, however, because I understand the power of the Olympics. It has given me so much. I grew up on a council estate, no father. Without watching the Olympics at the age of 12 I would definitely not be the person I am today.

I think Usain Bolt will be the big star again in Rio. It's his last Olympic Games and it will be emotional because if he won his titles for a third time it would take him to a level where you would have to ask 'Is he the greatest Olympian ever?'

If you were in athletics you knew about Usain Bolt running 20.00 secs for the 200m at 15 and knew he was going to drop his time as he developed. You can justify why he does what he does and in the past we have not been able to justify necessarily why people are achieving and that's where you create the cloud.

I have always said if Usain Bolt tests positive I am done. There is no point. I wouldn't ever 100 per cent guarantee anybody because I don't live their life, but Usain Bolt is the closest to me saying 'Nah, no way'. Probably 99.9999 recurring. In my



Sprinter Dina Asher-Smith and heptathlete Katarina Johnson-Thompson (inset below) can be new stars for Team GB

heart I don't think he is a cheat.

I am very excited about Britain's prospects.

London 2012 showed what is possible with hard work and determination. The crowd played a massive part in the success of Team GB, obviously they won't have that advantage, but for some of them they also won't have that pressure.

That crowd intensity can inspire you to outperform or it can crush you. But if it does prove to be the cleanest Olympic Games, that also makes it a level playing field. And Brits are at their best when it is level.

We know what Greg Rutherford, Jessica Ennis-Hill and Mo Farrah, are capable of and they can all win gold again.

But I am excited about how youngsters such as Katarina Johnson-Thompson have developed from promising juniors into successful seniors, something Britain has got wrong in the past.

Look at Dina Asher-Smith, the most natural athlete

I have seen and who four years ago was in the Olympic stadium carrying kit for the stars. Now she can reach the 100m final and, as I showed in my career, if you can then hold your nerve anything is possible.

Watch out for Scotland's Eilidh Doyle in the 400m hurdles. She is coached by one of my old coaches, Malcolm Arnold, ran a personal best recently and I think she is going to shock everybody.

All the British relay teams have a good chance and the men's 4x100m team have got that 'We will die for each other' attitude.

The Olympics are about inspiration. In Sydney cyclist Jason Queally won a surprise first British medal. I took inspiration from that. I went into the 200m believing anything was possible. I had only started running the 200m that year and by the end I was Olympic silver medallist. Belief is so important.

It is also about staying calm. I remember walking to the line in the 100m final in Sydney and thinking this is the most watched event in the Olympics. My legs were jelly and I underperformed.

But when the 200m came around I realised I had worked so hard for this and needed to enjoy the moment to give my best.

There has been lots of doom and gloom going on, but we got boosted by Andy Murray and Lewis Hamilton recently and I have this feeling that Britain will do well.



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Darren Campbell is part of the BBC Radio 5live's Rio 2016 team. The BBC is bringing extensive coverage of the 2016 Summer Olympics live from Rio. Beginning August 5 across TV, radio and on the BBC Sport website.





# British hopes

Reigning Olympic champions and world record holders are among the British stars going for gold in Rio. **Mark Staniforth** identifies 10 of our best hopes to top the podium

## ADAM PEATY Swimming

The 21-year-old will head to Rio as the reigning world record holder and world champion in both the 50m and 100m breaststroke, making him a huge favourite to claim Great Britain's first men's Olympic swimming title since Adrian Moorhouse in 1988.

## MAX WHITLOCK Gymnastics

A double bronze medallist in London, Whitlock became the first British man to win an individual world gymnastics title in Glasgow in 2015. Favourite on the pommel, Whitlock could also challenge Japanese great Kohei Uchimura for the all-around title.

## LIZZIE ARMITSTEAD Cycling

The Otley star was pipped to road race gold in 2012 by Marianne Vos. But she bounced back to win the world title in Richmond, Virginia in 2015, making her the racer to beat in one of the first gold medal events of the Games.

## JESSICA ENNIS-HILL Athletics

It has been far from plain sailing for Ennis-Hill since her historic heptathlon triumph in 2012. But since her return from time out to start a family, she has shown glimpses of the form that swept her to gold in London.

## MO FARAH Athletics

Farah faces a monumental task to repeat his double-winning feat of four years ago. But he managed to claim both 5000m and 10000m titles at the 2015 World Championships and will accept nothing less than a repeat.



Clockwise from top left: Triathlete Alistair Brownlee, cyclist Lizzie Armitstead and athletes Jessica Ennis-Hill and Mo Farah

## NICOLA ADAMS Boxing

All-conquering Adams recently added the world title to her ever-growing collection of honours at the fourth time of trying. The flyweight is set to become the first Briton to retain an Olympic boxing gold medal since Harry Mallin in 1924.

## ALISTAIR BROWNLEE Triathlon

The bane of his younger brother Jonny, Leeds triathlete Alistair Brownlee continues to conquer his rivals with apparent ease. A brotherly one-two is the most likely outcome in Rio – with Ali edging it yet again.

## BIANCA WALKDEN Taekwondo

Her team-mate and best friend Jade Jones may get closer attention, but Walkden is the reigning world champion in the women's +73kg division and will head into the Games on the back of a long unbeaten streak.

## CHARLOTTE DUJARDIN Equestrian

Nothing Charlotte Dujardin has done since winning her two dressage gold medals in London suggests she will not be on top of the podium again. The 30-year-old goes to Rio as a double defending world champion.

## GILES SCOTT Sailing

A four-time world champion in the Finn class, Scott has dominated his category since missing out on a place at London 2012, only recently seeing a three-year unbeaten run come to an end. Scott's winning streak is expected to resume in Rio.

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# In hot pursuit

Team man Clancy chasing third straight Games gold medal

by Matt McGeehan

SIR BRADLEY WIGGINS aims for a gold medal at a fourth successive Olympics – and an often unheralded team-mate is targeting a third straight Games gold in the same event.

Like sprinter Jason Kenny, Ed Clancy won gold medals in Beijing and London, and is aiming for a hat-trick in Rio.

The 31-year-old Yorkshireman is the consummate team man, and both of his Olympic titles have come in the men's team pursuit.

He is the one constant presence in the four-man, four-kilometre discipline from the last two Games, with Wiggins winning the event in China, but claiming the road time-trial title at London 2012.

Clancy, who won omnium bronze at London 2012, thrives on the camaraderie. "Some days you look out the window and it's hailing and you've got seven hours to do," he said.

"It's easier to do it with your mates. It's easier to go the extra mile with your team-mates because you're doing it with a good group of people."

There was a time when Clancy feared for his Olympic chances. He



Team pursuit man Ed Clancy

required a back operation after slipping a disc picking up his kit bag after a training session last September.

He was only able to walk 12 weeks before March's Track World Championships in London, but defied expectations to step up, compete – and complete – the 4km in the gold medal race-off with Australia, when Britain were narrowly beaten.

"I was about 70 per cent at the worlds," added Clancy. "I can contribute a lot more to the team now than I could then. The selectors didn't necessarily put me in the team for

performance reasons, they just wanted me to be part of the team and give me a bit of a carrot.

"If I hadn't ridden in the worlds, it would have been a long time since I rode a world-class TP with the boys."

Clancy's place in the omnium is to be taken by Mark Cavendish, who is also reserve rider in the team pursuit.

Cavendish has not ridden a top-level team pursuit since bursting on to the road to great effect, winning his first Tour de France stages in 2008.

But Clancy has backed his friend to step in if need be, with the second round and final in close proximity on Friday, August 12. "Until fairly recently he was quite average, but in the last couple of weeks he made massive gains," said Clancy, speaking before the Tour, where Cavendish wore the yellow jersey for the first time. "I think right now you'd be sure have Cav as the fifth man."

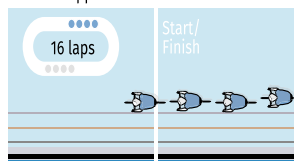
World champions Australia are Britain's fiercest rivals for Olympic gold. The expectation is that the world record of 3min 51.659sec set by Britain at London 2012 will go.

"The goal now is to eat, sleep and dream about riding bikes and whatever will be will be," said Clancy.

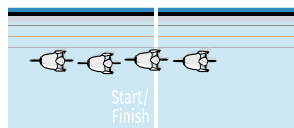
## Olympics 2016: Track Cycling | Team Pursuit

Laura Trott bagged gold for Team GB in the team pursuit in 2012. If she wins in Rio she'll set a new record, as the distance has been increased from 3km to 4km.

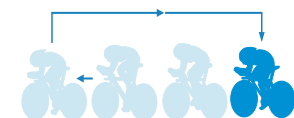
In the heats, competing teams of four riders start on opposite sides of the velodrome



The team that completes 4km (16 laps) the fastest goes through to the next round



Riders follow each other closely to minimise air resistance, with the lead rider periodically dropping back to the rear of the pack



In the final, if one team catches up with the other, the race finishes and they are declared the winners

Source: rio2016

## Did you know?

■ Brazil boasts 101 Formula One Grand Prix wins, most split between its three world champions, Emerson Fittipaldi, Nelson Piquet and Ayrton Senna. The others were won by Rubens Barrichello, Felipe Massa and Carlos Pace.

■ In 2001 Sao Paulo-born Vanessa Menga became the first active professional tennis player to pose nude for Playboy. It did not help her form much. She reached a career-best ranking of 93 and retired two years later with no titles to her name.

■ Brazil's rugby sevens team will extend a rugby tradition in the country going back to the 19th century – but they have never qualified for a Rugby World Cup.

■ Sailing is Brazil's best Olympic sport, thanks largely to Robert Scheidt and Torben Grael, who have claimed five each of the 17 medals in total. Brazil is also the most successful Olympic nation at beach volleyball, with 11 medals.

■ Brazil's bobsleigh team is known as the Frozen Bananas. They had a dreadful Olympics in 2006, when they forgot to bring enough helmets and had to borrow one from the Germans.

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# Rio 2016 guide

	Aug 3	Aug 4	Aug 5	Aug 6	Aug 7	Aug 8	Aug 9	Aug 10	Aug 11	Aug 12	Aug 13	Aug 14	Aug 15	Aug 16	Aug 17	Aug 18	Aug 19	Aug 20	Aug 21
Opening ceremony																			
Archery																			
Artistic Gymnastics																			
Athletics																			
Badminton																			
Basketball																			
Beach Volleyball																			
Boxing																			
Canoe Slalom																			
Canoe Sprint																			
Cycling BMX																			
Cycling Mountain Bike																			
Cycling Road																			
Cycling Track																			
Diving																			
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Golf																			
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Hockey																			
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Marathon Swimming																			
Modern Pentathlon																			
Rhythmic Gymnastics																			
Rowing																			
Rugby Sevens																			
Sailing																			
Shooting																			
Swimming																			
Synchronised Swimming																			
Table Tennis																			
Taekwondo																			
Tennis																			
Trampoline Gymnastics																			
Triathlon																			
Volleyball																			
Water Polo																			
Weightlifting																			
Wrestling																			
Closing ceremony																			

KEY - Ceremony:   Competition day:   Medal session:  

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## What's on and when at the 31st summer Olympic Games

### Day-by-day guide to the Rio 2016 highlights

#### Wednesday, August 3

As in London, football gets the stage to itself for the first two days with hosts Brazil against China the pick of the women's group games.

#### Thursday, August 4

Brazil's men take on South Africa in Group A, while defending champions Mexico kick off against Germany.

#### Friday, August 5

A tough choice between individual ranking rounds in archery and the opening ceremony from the Maracana.

#### Saturday, August 6

The Games gets into full swing with medals decided in shooting, judo, archery, fencing, weightlifting and swimming, as well as in cycling as Chris Froome looks to add gold in the road race to his Tour de France titles.

#### Sunday, August 7

World champion Lizzie Armitstead goes for gold in the women's road race, while Britain could also see a medal in the pool as world record holder Adam Peaty is expected to contest the men's 100m breaststroke final.

#### Monday, August 8

As the beach volleyball matches continue on Copacabana, Britain's James Guy will be hoping to add Olympic gold to the world title he won in 2015 in the men's 200m freestyle.

#### Tuesday, August 9

The eventing competition concludes with showjumping as Britain look to better their London 2012 team silver.

#### Wednesday, August 10

Froome has another chance to win gold in the men's time-trial, while Emma Pooley makes her comeback from retirement, aiming to go one better than in Beijing, when she won silver. The first medals in the rowing are decided with Britain looking to get off to a winning start in the men's and women's quadruple sculls.

#### Thursday, August 11

The men's rugby sevens competition reaches a conclusion with Great Britain hoping to feature at the business end of a tournament which could see Fiji, coached by Englishman Ben Ryan, win their first ever Olympic medal.

In the velodrome, Sir Bradley Wiggins (right) begins his bid for a fifth Olympic gold in the opening round of the team pursuit, while swimmer Fran Halsall attempts to win a medal in the women's 100m freestyle.

On the water, medals are up for grabs in the men's pair, men's double sculls and lightweight four, as well as Katherine Grainger and Victoria Thornley in the women's double sculls.

#### Friday, August 12

The athletics begins with Jessica Ennis-Hill and Katarina Johnson-Thompson start their heptathlon

battle, while the first medals will be decided in the final of the women's 10,000m, where Jo Pavey hopes to become the first British woman to run in five Olympics.

Wiggins and his team-mates will expect to be in the final of the team pursuit as the former Tour de France winner looks to claim a British record eighth Olympic medal.

Great Britain's dressage team, spearheaded by reigning Olympic individual champion Charlotte Dujardin, begin the defence of their Olympic title while, in tennis, Andy and Jamie Murray will also hope to be in action as the medals are decided in the men's doubles.

On Rodrigo de Freitas Lake, a number of defending champions are in action as Helen Glover and Heather Stanning contest the women's pair and Alex Gregory races in the men's four, this time alongside Mohamed Shbihi, George Nash and Constantine Louloudis. Double scull champion Katherine Copeland also has a new partner in Charlotte Taylor.

#### Saturday, August 13

Another potential Super Saturday as Greg Rutherford bids to retain his long jump title, Mo Farah goes for another gold in the 10,000m and Ennis-Hill and Johnson-Thompson complete the heptathlon with the 800m.

Further medals could come at the velodrome with Laura Trott in the women's team pursuit looking to defend their title and former world champion Becky James in the Keirin, while in rowing the women's eight will look to add Olympic gold to their European title and world silver.

#### Sunday, August 14

The controversial men's golf event comes to a conclusion with a surprise champion more likely after the withdrawal of several high-profile names, including Rory McIlroy, Jason Day and Jordan Spieth.

Tennis has become more popular with the top players after a similarly shaky return to the Games in 1988, and Andy Murray will hope to be in position to defend his men's singles title.

World champion Max Whitlock and Olympic silver medallist Louis Smith will do battle for the top step of the podium in the men's pommel horse final. In the evening, all eyes will be on the track as Jamaican superstar Usain Bolt bids for a third straight 100m title.

#### Monday, August 15

On the track, Kenya's David Rudisha will try to retain his title in the men's 800m, while 2008 champion Christine Ohuruogu is set to battle American Allyson Felix in the women's 400m.

Arguably the most gruelling event on the schedule, 10km

open water swimming, takes place, with Keri-Anne Payne looking to go one better than her silver medal in Beijing. Or, for a complete change of pace, the individual dressage competition will see Charlotte Dujardin among the gold medal favourites.

#### Tuesday, August 16

Britain could claim three medals on the final day of action at the velodrome, with the omnium (Laura Trott), men's Keirin (Jason Kenny) and women's sprint (Becky James) all coming to a conclusion.

In boxing, defending champion Nicola Adams will expect to have reached the quarter-finals in the women's flyweight division as she looks to become the first Briton to retain an Olympic title.

#### Wednesday, August 17

Britain's Shara Proctor should be a strong contender for a medal in the women's long jump final, while team-mate Tiffany Porter will have similar aspirations in the 100m hurdles.

The showjumping team medals are decided, with Great Britain defending the title won after a dramatic jump-off against Holland in London. The taekwondo starts with Britain's Jade Jones out to defend her title in the 57kg category.

#### Thursday, August 18

The Brownlee brothers will carry Britain's hopes in the triathlon with Alistair defending his title and Jonny also expected to do battle for a place on the podium.

Fitness permitting, Bolt will be a massive favourite to win the men's 200m, where Britain's Adam Gemili will look to give the Jamaican a real run for his money.

#### Friday, August 19

Former world champion Liam Phillips will hope to contest the BMX final and erase the memories of crashing at the same stage in London 2012. The lightweight final in the women's boxing competition takes place, with Ireland's Katie Taylor the defending champion.

#### Saturday, August 20

A busy day sees the medals decided in the women's golf event and the athletics programme also coming to an end.

Farah will race for what he hopes to be a second gold of the Games in the 5,000m, while South Africa's Caster Semenya is shaping up to be a big favourite in the women's 800m. The last action sees the fast and furious 4x400m relays for men and women.

Away from the track, Britain's Non Stanford, Helen Jenkins and Vicky Holland will contest the women's triathlon, while diver Tom Daley faces the semi-finals and final of the men's 10m platform, out to improve on bronze in 2012.

#### Sunday, August 21

The latest edition of the 'Dream Team' will be expected to claim basketball gold for the United States for the sixth time in the last seven Olympics, with Kevin Durant and Carmelo Anthony the only players with Games experience after a flurry of withdrawals.



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## Swimming/Rowing

# Peaty's meaty target

History on world champion's side

by Matt McGeehan

ADAM PEATY is determined to seize the opportunity to join an elite club at the Rio Olympics.

David Wilkie, Duncan Goodhew, Adrian Moorhouse... Peaty?

The 21-year-old City of Derby swimmer is aware of Britain's breaststroke pedigree, with Wilkie, Goodhew and Moorhouse previous winners of Olympic gold.

Moorhouse's win in Seoul in 1988 was the most recent gold medal by a British male swimmer, 28 years ago. Peaty is also well aware that, as world

record holder, world, European and Commonwealth champion, there is an expectation that he will join a select few by winning the men's 100m breaststroke on August 7.

"That history behind it will be very good to have," said Peaty. "I'm very confident it's achievable. All I've got to do now is believe, and I've been doing that for seven years.

"I don't have to change anything. I've just got to have that confidence in my race. I'm world record holder, and that's exactly what you need."

Peaty, with his world record of 57.92 seconds, is the only man to have

swum below 58 seconds over two lengths of breaststroke in the history of the sport.

He will aim to swim faster than ever in Rio on the second day of the swimming competition and emulate his mentor, Rebecca Adlington.

There were 48 years between British female Olympic champions in the swimming pool, as Adlington's double success in Beijing in 2008 was witnessed by Anita Lonsbrough, who had won in Rome in 1960.

Adlington won two bronze medals in London four years later as, coupled with Michael Jamieson's silver in the

200m breaststroke, Britain floundered in the pool.

Peaty is all too aware of the potential pitfalls.

He is coached by Melanie Marshall, who was ranked world No.1 for 200m freestyle going into the 2004 Olympics in Athens, but finished only eighth in her semi-final.

She reminds Peaty of her performance, perhaps as a prompt to avoid complacency and to keep focus.

Peaty said: "She didn't have a great Olympic Games at all. She went in first, came out 17th. She says that most days. I want to go to the Olympics,

make her proud and be that figure that she's proud of."

It is feasible that James Guy, 200m freestyle world champion and 400m silver medallist, could beat Peaty to a place in the record books. Guy races over four lengths on the opening day.

And Peaty anticipates Britain will have a more fruitful Games than four years ago. He added: "We're definitely going to perform well as a team.

Compared to London 2012, the British swim team is hopefully not going to be even recognisable. Every day's going to be stacked, and we're going to have a lot of depth in every field hopefully."



Adam Peaty is the only man ever to have gone below 58 seconds for the 100m breaststroke

## Glover and Stanning reign supreme in search of repeat

by Matt McGeehan

A 'HEALTHY paranoia' has ensured no complacency from Helen Glover as she and Heather Stanning bid to claim a second Olympic title in Rio.

Glover and Stanning won Britain's first gold of the London 2012 Olympics four years ago at Eton Dorney to settle the host nation's nerves on day five.

The duo are unbeaten in the women's pair since 2011, and are strongly fancied for Rio, having won world and European titles in the intervening years.

The unbeaten streak was not a target, but now Glover believes momentum is essential.

She said: "There's no harm in losing races, but if I was going to lose a race, the best point would have been the early point of the Olympic cycle.

"You want to have a good winning roll going into Rio. Any losses needed to come early, they didn't come early, so I didn't want to lose after that.

"It got to a point where I felt losing would impact on Rio. We haven't had a race so far where I've felt 'we're going to lose this'. We've always maintained control.

"There have definitely been periods of healthy paranoia through training where you think 'is this good enough to keep us going?'. It usually lasts to the next race or the next season.

"It's never been 'are we good enough to stay unbeaten?'. I think we've always found that fairly



Helen Glover (left) and Heather Stanning celebrate winning the women's pair at last year's world championship in France

irrelevant in the scheme of things. It's probably something that once we've retired we'll look back on with a lot of pride."

British Rowing performance director Sir David Tanner described Stanning and Glover's world title win in France in 2015 as "one of the best GB performances of all time".

"That's huge," Glover added. "Words like that don't come out of his mouth very often. What's great for us is it reflects how we feel about the way we performed."

The pair's Olympic gold was swiftly followed by Britain's second four years ago, for cyclist Bradley Wiggins in the road time-trial.

It will be hoped Britain have got

off the mark before day five in Rio, when Glover and Stanning should be racing in their final.

Glover does not believe the performances of Team GB as a whole – in other sports and disciplines – has an impact.

The 30-year-old from Truro added: "Maybe some people feel excitement, a buzz, a sense of possibility when other members of Team GB win, but I don't see why you would.

"It doesn't affect your chances, if you're a totally different person in a different sport, but it's great if it does. I feel you put your head down into your own racing and shouldn't be affected by others."



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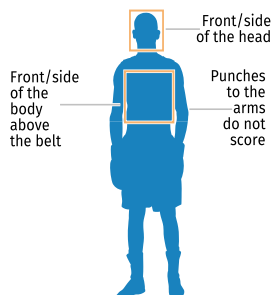
# Adams' task gets harder all the time

Trail-blazer for women's boxing now has more competition

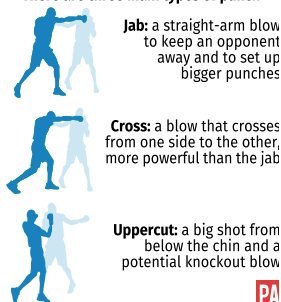
## Olympics 2016: Boxing

Team GB's boxers will want to build on their success in 2012 when they won three golds, one silver and one bronze.

### Target areas for punches



### There are three main types of punch



**HISTORY-MAKER** Nicola Adams is adamant she will take nothing for granted as she bids to become the first British boxer to retain an Olympic title in 92 years.

Adams will head for Brazil as the huge favourite in the women's flyweight category after recently adding an elusive World Championship gold to the Olympic crown she claimed in London four years ago.

But two recent shock defeats for Ireland's Katie Taylor – considered, along with Adams, to be the invincible leaders of the women's boxing revolution – have focused the 33-year-old's mind on the task.

Taylor, unbeaten since her own historic triumph in London, was shocked by Yana Alekseevna in the World Championships in Astana, and then suffered another close defeat having secured her place in Rio at the final qualifying tournament in Turkey.

Adams said: "I never underestimate any of my opponents, because I know the average fighter can turn into a world-beater when they get into the ring against the likes of me or Katie."

"They know they've got nothing to lose because they're the underdogs, and I have got to keep that in mind. I learned during the World Championships that I have to take every opponent seriously."

Despite Adams apparently cruising to her first world title after

by Mark Staniforth

a string of three silver medals had made it the only major title not in her collection, she was pushed to a split decision win over emerging Chinese Taipei fighter Yu-Ting Lin.

And Adams acknowledges that in some respects she is finding the stiffer competition as a direct result of her role in helping spread the word about top-level women's boxing around the world.

"Things have changed so much from when I first started, and since women's boxing got into the Olympics it has just boomed," she said. "Almost every boxing gym seems to have girls fighting in them these days."

"Of course it makes it harder for us, but it is a great thing that the talent is getting better and better. With Katie being beaten, it shows that talent is continuing to rise, and it will keep me on my toes for every minute in Rio."

Key to Adams' grounded attitude is her memories of the pre-Olympic days when she battled to scrape the money to attend tournaments as well as beating a debilitating and career-threatening back injury.

"Those days are over," added Adams. "Now I spend my off-time going to awards shows and movie premieres, meeting the Queen and getting an MBE. It's been a really nice four years – but now it's back to business."

## Home hopes

Hosts Brazil have high hopes of their most successful Games as they look to add to their tally of 23 Olympic gold medals. We pick out some of their best chances of giving home fans some cheer when the Games begin.



### RAFAELA SILVA

The Rio 24-year-old became the first Brazilian woman to win a world judo title in 2013 when she triumphed in the -57kg division in her home city. With experience on her side, Silva could prove an even more popular winner second time around.

### NEYMAR

After missing the World Cup semi-final humiliation to Germany and also sitting out the recent Copa America failure, superstar Neymar (above) remains untainted in Brazilian football eyes – and the man to lead them to their first Olympic title on home soil.

### ROBSON CONCEICAO

Veteran Conceicao hopes a late career surge can take him to a men's lightweight boxing medal in Rio. Despite losing in the first round at both the 2008 and 2012 Games, two subsequent world medals suggest Conceicao still has something to give.



### ROBERT SCHEIDT

A long-time rival to Sir Ben Ainslie, Scheidt (left) will return to the Laser class in Rio as the 12-time world sailing champion looks to claim his first Olympic gold medal since the 2004 Athens Games – and his sixth in all.

## BEACH VOLLEYBALL

The hosts will take the top two seeds into both the men's and women's beach volleyball competitions on Copacabana Beach. Men's pair Alison Cerutti and Bruno Schmidt go into the tournament as the reigning men's world champions.



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Nicola Adams is out to make British boxing history in Rio after her gold medal at London 2012 (above)



# Olympic greats

## Best of the best!

The Rio Olympics promise to provide another sporting feast of spectacular deeds, record-breaking feats and high drama. Here, we look back over more than 100 years of Olympic history and identify arguably the 10 greatest Olympians

### CARL LEWIS United States, athletics

A phenomenal all-round athlete who took the Olympics by storm, Lewis announced his Games arrival at Los Angeles 32 years ago, where he won four gold medals (100 metres, 200m, long jump and 4x100m relay). In Seoul four years later, he captured 100m and long jump gold, plus 200m silver, while further long jump golds followed in 1992 and 1996, plus another relay gold.

### NADIA COMANECI Romania, gymnastics

Comaneci took the sporting world by storm, aged only 14, at the 1976 Montreal Olympics. During the team competition, her performance on the uneven bars gained her a perfect score of 10, the first time such a mark had been awarded in Olympic history. It was initially displayed as 1.00, with the scoreboard unable to cope, but it was soon rectified and the enormity of her feat began to sink in. Comaneci won three golds at Montreal, then two more in Moscow four years later.

### MICHAEL PHELPS United States, swimming

Phelps is the most decorated Olympian history, collecting a staggering 22 medals. Remarkably, 18 of those were gold, with six won at Athens 2004, eight more in Beijing four years later and then another four at London 2012. The collection is made up of two silver and two bronze, and he will feature in Rio after coming out of retirement.

### JESSE OWENS United States, athletics

The 1936 Olympics in Berlin will forever be remembered as the Games when Owens broke down boundaries for black athletes. In the face of Adolf Hitler's intimidating claims of Aryan supremacy, the American won gold medals in the 100m, 200m, sprint relay and long jump. A year earlier, he had set an astonishing five world records in a single day – and equalled a sixth – while his world long-jump record stood for more than 25 years.

### MARK SPITZ United States, swimming

Spitz is a nine-time Olympic champion and former world record holder in seven different events. He won seven golds at the ill-fated Munich Games in 1972, a record held until Michael Phelps broke it 36 years later. Spitz set world records in all of his Munich Olympics events and was the Olympic movement's most decorated swimmer until Phelps appeared on the scene.

### PAAVO NURMI Finland, athletics

Nurmi dominated the world of distance running in the 1920s, winning nine Olympic gold medals and adding three silvers for a record total of 12. He won Olympic titles at 1500m, 3,000m, 5,000m, 10,000m and cross-country. Nicknamed The Flying Finn, he carried the flame when Helsinki hosted the Olympic Games in 1952.



**SIR CHRIS HOY**  
Great Britain, cycling  
Britain's golden Olympian, the Scotsman's total of six golds is a British record. Time-trial glory at Athens 2004 was followed by three golds – sprint, team sprint and keirin – in Beijing four years later, before another two golds at London 2012 to take him past rower Sir Steve Redgrave as the greatest gold medal-winning British Olympian. He was also the first British athlete since 1908 to win three golds at one Olympics, and is the most successful Olympic cyclist ever.

### USAIN BOLT Jamaica, athletics

The Lightning Bolt struck spectacularly at the Beijing Olympics and London 2012, twice winning a gold medal treble of 100m, 200m and 4x100m relay titles. A charismatic sportsman with an enormous worldwide following, Bolt also holds the 100m and 200m world records and will head to Rio for what will be his final Olympics before his intended retirement after next year's World Championships.

### TEOFILO STEVENSON Cuba, boxing

One of only three boxers in Olympic history to win three gold medals – Laszlo Papp and Stevenson's fellow Cuban Felix Savon are the others – Stevenson dominated the heavyweight division as he triumphed in 1972, 1976 and 1980. He also won three world amateur titles over a 12-year period and is arguably the most famous Cuban sportsman of all.

### BOB BEAMON United States, athletics

Long jumper Beamon achieved what remains among the greatest Olympic performances, leaping an astonishing 29ft, 2½in at Mexico City in 1968 to win gold. It was more than a foot clear of any other previously recorded jump, as Beamon almost leapt out of the Mexico long jump pit. His world record lasted for 23 years until it was broken by his fellow American Mike Powell.



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# The impossible dream for GB?

Medal target reduced after heady heights of London 2012

IN common with many recent Olympics, Rio 2016 has had its share of preparation problems.

Golfers and tennis stars withdrawing because of the Zika virus, favela protests, economic turmoil, traffic congestion, water pollution, the Russian doping scandal.

Yet when the action starts with the opening ceremony the chances are that Rio, with its fun-loving population, will put aside its problems, embrace the Games and a party atmosphere will ensue, just as it did in Sydney, Athens, Beijing and London.

It might not reach the heights of London 2012, which set the bar impossibly high, although that might be a concern for Britain more than Brazil.

Team GB won 65 medals in London, 29 gold, 17 silver and 19

by Frank Malley

bronze, its best haul for 104 years, and finished third in the medals table. It was justification for the £9billion cost of the Games, although the legacy in increased and continued sporting participation still has to be realised.

For British competitors in Rio, however, it has pumped up the pressure. The ambition this time is to go even better, and there is nothing wrong in reaching for the stars.

However, there is no realistic expectation that the London total can be eclipsed. UK Sport, the funding agency, while hoping for as many as 79 medals, have therefore set a target of at least 48, which would eclipse the Beijing total of 47 and be impressive considering

just 20 years ago in Atlanta Britain finished 36th in the medals table with only one gold.

So where might Britain excel? No-one will be more committed than Andy Murray, following his second Wimbledon triumph, when he starts the defence of his Olympic tennis title, although Novak Djokovic, chastened by his early Wimbledon exit, might prove an obstacle to gold.

Cycling, as usual, should be a source of medals, especially with Laura Trott in action, although the sport's target of eight to 10 medals might be optimistic considering the era of Sir Chris Hoy has faded to history.

Athletics has been charged with seven to nine medals with Mo Farah and Greg Rutherford expected to repeat their feats of four years ago, while heptathlete Jessica Ennis-Hill is predicted to gain silver this time behind compatriot and rising star Katarina Johnson-Thompson.



Triathlon's Alistair Brownlee also has high hopes of gold again.

Boxing's Nicola Adams looks set to retain her Olympic title and, in the pool, Adam Peaty and James Guy will have gold in their sights.

Sailing, with Giles Scott in the Finn class, and rowing, featuring defending pairs champions Helen Glover and Heather Stanning, are always a reliable source of British medals. Gymnast Max Whitlock could also return with gold.

**Wimbledon champion Andy Murray and swimmer James Guy (inset left) are among Team GB's best hopes of medals in Rio**



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**SUNDAY**  
12.00-9.30pm

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## Take a byte of fun as museum boots up holiday programme

**IT'S a double dose of TV and film magic as part of The National Museum of Computing's Summer Bytes programme at Bletchley Park this week.**

Doctor Who fans are in for a treat as Simon Guerrier and Dr Marek Kukula – the authors of *The Scientific Secrets of Doctor Who* – time travel into the city.

They look at the doctor's tricky relationship

with computers and alongside them will be BAFTA award-winning visual effects specialist Mike Tucker, who will be talking about his career and role on the BBC show. These events takes place on Saturday from 1.30pm and 5pm respectively.

For music lovers, award-winning composers Patrick Jonsson and Rupert Cross will discuss

how computers play a vital role in producing scores for films and how they have changed the way we listen.

Both composers have worked on various films including Hollywood blockbusters Marvel's *Thor*, *Rise of the Planet of the Apes* and Disney's *Brave*. This event takes place on Monday from 1pm.

For the computer lovers there will be a host of courses throughout the school holidays by Tablet Academy, which will be running classes on Minecraft, animation, Lego Mindstorm and WeDo.

For prices of the above talks and courses go to [www.tnmoc.org/bytes](http://www.tnmoc.org/bytes) or checkout #bytesfestivals on Twitter.

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...so bring along a canine friend and have a go!

so much to see and do between 10am-5pm each day

## Knebworth Park

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admission: £9.50 family/group (4): £34 includes entrance to the Gardens, Park, Dinosaur Trail, Adventure Playground and Parking  
pre-booked admission discounts: oakleighfairs.co.uk/knebworth-game



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## MKlife

Columnists

Family Life

Gig guide

### PAN FRIED DUCK BREAST WITH LENTILS

#### Ingredients (serves two)

2 duck breasts  
200g green lentils  
25g hazelnuts  
1 shallot (diced)  
2 cloves garlic (peeled and chopped)  
2 springs lemon thyme  
1 bay leaf  
200ml red wine  
300ml chicken stock  
1 tbsp olive oil

#### Method

1) Take your duck breasts out of the fridge to allow them to come to room temperature. Season with salt and pepper. Score the skin carefully and set aside.

2) Heat your oil in a medium saucepan then soften your shallot over a medium heat. Add the garlic and cook for a minute longer. Add the lentils then pour over the red wine. Add the chicken stock, bay leaf and thyme. Bring to the boil and allow to boil for a couple of minutes then reduce to a simmer. The lentils will take about 45 minutes to cook, keep an eye on them and top up with a little water if needed. Chop the hazelnuts and add in the last 10 minutes of cooking. The lentils are ready when they've absorbed the liquid and are soft but still a little al dente. Remove the stalks from the thyme and the bay leaf when you serve.

3) When your lentils have been cooking for about 25 minutes turn on the heat on your hob to a high heat. Place the duck breasts skin side down in a cold frying pan and place the pan on the heat. Cook the breasts for about ten minutes or until the skin is golden brown and crispy. When the skin is golden brown turn the breasts over and cook for one minute on the other side. Take the pan off the heat and leave the duck breasts to rest in the pan. They need to rest for at least five minutes but preferably 10.

Slice the breasts and serve with the lentils and some crusty bread.



**MASTERCHEF 2016 semi-finalist Jen Charlton, who lives in CMK, has teamed up with MK LIFE to share some of her tasty recipes. Whether it is for a dinner party, or to impress the family, she has some top tips for every occasion**

## superpower

**JUST like busses you don't see a superhero for years then they all drop into the city.**

After the excitement of the International Festival remake of Superman IV into Milton Keynes will have Wonder Woman strolling the boulevard.

As part of its DC Comics Super Heroes summer you can find out what it means to be a superhero and see if you've got what it takes.

So ad some POW to the kids summer holiday and head to intu from 11am on Sunday to find out what other super missions are taking place.



## rockout

**THE Craufurd Arms in Wolverton is set to rock 80s style with the ultimate nostalgic rock tribute act.**

That 80s Rock Show will bring to life legends like Queen, Europe, Heart, Starship and Guns N' Roses.

With all the lights, lasers, smoke and more animal print spandex than is healthy, these raunchy rockers will bring the house down with all those classic anthems and power ballads that we all know.

The show takes place on Saturday with doors opening at 7.30pm. Tickets cost £7 from [thecraufurdarms.com](http://thecraufurdarms.com)



# ELVIS IS IN THE BUILDING

Be transported back to the magic of Elvis, accompanied by his band 'Burning Love'

A night of classic Elvis songs along with great music from the swinging 60's to the present day and all supporting Cancer Research UK.

**WHEN:**  
27th August 2016

**WHERE:**  
Jurys Inn Milton Keynes MK9 2HP

**TIME:**  
Doors open at 8pm,  
fun starts at  
8.30pm - 12am

**PRICE:**  
£15 per ticket



Tickets from  
[www.yourlocalflyer.co.uk/elvis4cruc](http://www.yourlocalflyer.co.uk/elvis4cruc)

Carol Osborne would like to sincerely thank Patricia A Byrne, his band, Jurys Inn and all those involved who donated their time, thus allowing 100% of the proceeds to go to support this vital charity.

Any queries please phone Carol Osborne on 01908 596042

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MKlife

Competitions

Movies

Out and about

**WOBURN Hotel has teamed up with MK LIFE to offer one lucky reader two tickets to an evening of jazz and a luxury overnight stay.**

The hotel, part of the prestigious Woburn Estate, is delighted to welcome the return of celebrated local jazz musician Nick Collis, along with his band.

Guests can sit back and relax



**WIN**  
overnight stay  
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at hotel

of specially selected wine to accompany dinner and concessionary entry to visit Woburn Abbey or Woburn Safari Park.

To be in with a chance of winning, answer this question: **What type of music event will be played at the event?**

- A) Rock  
B) Pop  
C) Jazz

If you miss out on this prize, you can still attend the jazz evening by email karen.torrington@woburn.co.uk

To enter log onto [www.onemk.co.uk/competitions](http://www.onemk.co.uk/competitions)  
Alternatively send your answer, name, address and daytime telephone number to oneMK, 1 Diamond Court, Fox Milne, MK15 0DU by noon on Wednesday, August 10. The editor's decision is final

## spooktacularfun

**THERE'S something strange in the neighbourhood and the Ghostbusters are back to answer the call in this hotly-anticipated remake of the cult 1984 film.**

Stepping into the breach as the ragtag bunch of paranormal warriors are Melissa McCarthy, Kristen Wiig, Kate McKinnon and Leslie Jones.

When ghosts begin to appear across Manhattan, the team are discredited and ridiculed in their efforts to explain their emergence.

But when more and more spirits take to the streets of New York City, the women soon become the city's best hope for survival.

The announcement of the female cast last year was met with controversy on social media, but the decision proves vindicated as each member holds their own. McCarthy and Wiig continue from where they left off with their work in Bridesmaids, while Jones delivers many of the film's best one-liners.

Chris Hemsworth stands out from the rest though as the Ghostbusters dumb receptionist, a role that is more pivotal than Annie Potts in the original.

Of course, there are the almost obligatory cameos from Bill Murray and Dan Aykroyd and the remake inevitably suffers under the weight of the original's legacy.

As with many remakes, if you constantly compare it to the original you will be disappointed.

But the gags in director Paul Feig's remake hit more than they miss and it ticks many of the necessary boxes for a blockbuster summer comedy.



Chris Knight



## helpcharity

**A DOUBLE bill of fundraising will take place at Manor Fields in Fenny Stratford on Saturday.**

From 10am-4pm a family fun day in aid of Epilepsy Action and Crohn's and Colitis UK will offer slides, inflatables and games.

There will then be a night of glamour and visual comedy at Bletchley Rugby Club as the Queen of Drag Bella Berserk hits the stage.

Doors open at 7.30pm and tickets cost £15 (including a buffet and disco) from 07756 467326.



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**Sunday 21 August, 8pm SARABETH & GLEN MITCHELL**

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**Friday 26 August, 8pm THE STYLE COUNCILLORS**

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Friday	19 <sup>th</sup>	Tina Turner Tribute	£15.00pp
Saturday	20 <sup>th</sup>	Michael Buble Tribute	£20.00pp
Saturday	27 <sup>th</sup>	Elvis with Alvin Printwhistle	£20.00pp

**September 2016**

Saturday	3 <sup>rd</sup>	Pink Tribute	£30.00pp
Friday	9 <sup>th</sup>	Adele Tribute	£25.00pp
Saturday	10 <sup>th</sup>	Dirty Dancing Tribute	£30.00pp
Friday	16 <sup>th</sup>	Deca Dance – music throughout the decades	£25.00pp
Saturday	17 <sup>th</sup>	Pure Genius Party Band	£30.00pp
Thursday	22 <sup>nd</sup>	Ian Dee Hypnotist – Pie and mash night	<b>*£15.00pp*</b>
Friday	23 <sup>rd</sup>	Love 80's	£25.00pp
Saturday	24 <sup>th</sup>	Boogie Wonderband	£30.00pp
Friday	30 <sup>th</sup>	Juke Box Jersey Boys	£25.00pp

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**MKlife**

MK Gallery  
Columnists  
Out and about



## **travelart**

**IN HER first exhibition for more than six years, artist Mary Barnes will be showing a selection of new works at the Barn in Westbury Arts Centre in Shenley Wood.**

The work is inspired by travels abroad (France, Goa) as well as by the Westbury Arts building itself, a 17th century farmhouse where Mary has had a studio for the past 19 years. Other work has been prompted by the troubles in Syria.

The show, which closes on Sunday, is open over the weekend from 11am-4pm.

Visits can also be arranged – email [admin@westburyartscentre.co.uk](mailto:admin@westburyartscentre.co.uk) or call 01908 501214.

do you have an exciting event to tell us about?  
**editor@onemk.co.uk**  
for more leisure news visit  
**www.onemk.co.uk**



## **summerdays**

**THE school holidays are well and truly underway across MK and Heart Breakfast has been talking about all that is going on to help keep the kids entertained.**

The giant beach at the centre:mk is now open and will be available until Sunday, September 4.

More than 1,000 tonnes of sand has been brought in this year and we were busy last week installing the giant Heart beach balls that hang over it. Details of the daily opening times and when the Punch and Judy shows are going to be happening are online at [heart.co.uk](http://heart.co.uk) and [onemk.co.uk](http://onemk.co.uk)

Meanwhile, over at Xscape, families can go back in time for some prehistoric fun during the school holidays.

Every day between noon and 6pm there will be free family entertainment and different dinosaur events and activities. There will also be a chance for you to become an official Guinness World Record holder. The team will be taking over Xscape on Saturday, August 13, with prizes to be won and great activities to take part in.

Finally, last Friday was the happiest day of the year according to scientists, so we celebrated with our fourth £10,000 winner on Heart's Happy Summer Days! Don't forget this is the game that could win you cash to spend on your happy summer days every weekday at 11am and 2pm. Tune into Heart to find out more.

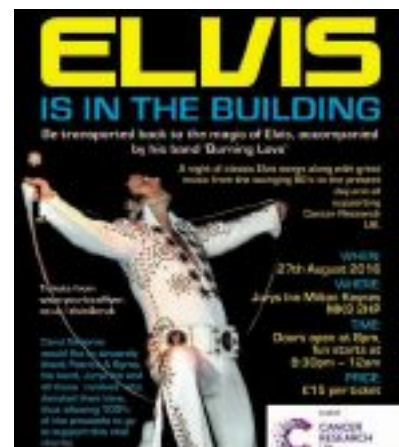
Listen to Heart Breakfast with Stuart Miles and Katy Hill on Heart 103.3 FM, DAB, at [heart.co.uk](http://heart.co.uk) or via the Heart mobile app.

## **elvistribute**

**ELVIS lives on and will 'enter the building' later this month at a charity concert in aid of Cancer Research UK.**

The show at Jury's Inn in Midsummer Boulevard, CMK, is expected to be a huge success as Patrick A Byrne and his band Burning Love transport you through the greatest songs of the King himself. Tickets cost just £15 and early booking is recommended for the event on August 27 at 8pm.

All the artists and the venue for the event, which is supported by OneMK, are donating their time so 100 per cent of all ticket sales will go straight to the charity.





Your essential guide to events big and small throughout Milton Keynes

# MKlifeHOTPICKS

## funday

**THE Henry Allen Trust family fun day will have everything from monster trucks to wrestling with giant inflatables and reptiles.**

Music comes from Bailey McConnell and X Factors' The Shures, plus there will be a special guest appearance from a Captain Jack Sparrow lookalike. The event will be held at Emerson Valley Sports Pavilion on Sunday from noon to 5pm.

**online**  
interviews with local  
cast members  
[onemk.co.uk](http://onemk.co.uk)



## futurestars

**THE MK Stage experience will be lighting up the sky with Fame the Musical at Milton Keynes Theatre on Friday and Saturday.**

One hundred performers aged from 10 to 21 have been rehearsing for months so put on your leg warmers and see the stars of the future.

Tickets cost £18 and shows take place at 7pm both days with an additional performance at 4pm on Saturday. Visit [atgtickets.com](http://atgtickets.com) to book (fees apply).

## parkjazz

**ENJOY a lazy Sunday afternoon and a Pimm's in the Park with jazz singer Alison Carter.**

An outside bar will be available serving alcoholic and non-alcoholic Pimm's along with other beverages at the event at Bletchley Park.

Alison will be performing on the croquet lawn outside the Mansion House from noon to 3pm.

Normal park entrance fees apply (drinks extra) – see [bletchleypark.org.uk](http://bletchleypark.org.uk)

## theslackers

**SKA legends The Slackers will perform at MKII in Kiln Farm on Thursday, August 11.**

They are equal parts grit and grace, influenced by Jamaican ska/reggae originators like the Skatalites and the Upsetters and see their music as an extension of the traditions of the United States.

Doors open at 8pm and tickets, costing £12, are available at [settickets.com](http://settickets.com)



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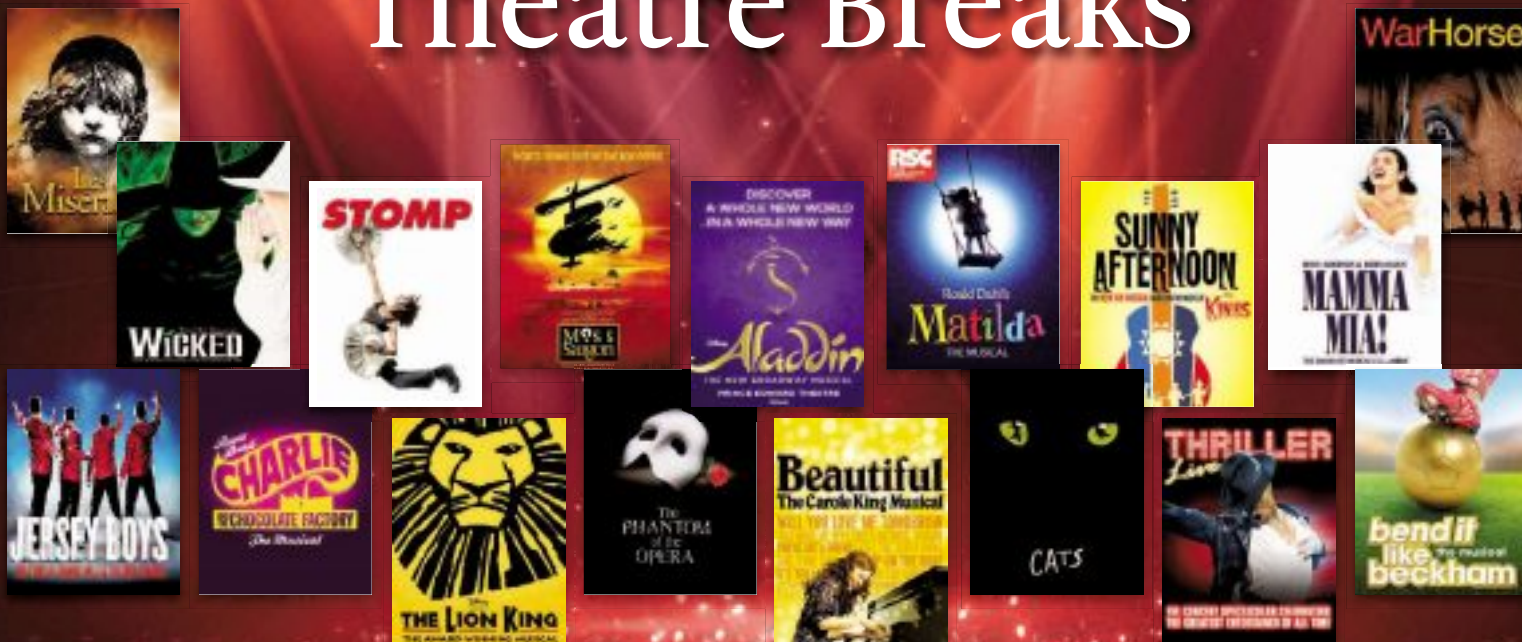
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# 4★ London Theatre Breaks



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Wednesday, August 3, 2016

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heating and double glazing where specified. On the market for £235,000, it is an ideal first time buy or investment property. For more information, or to arrange a viewing, call 01908 464054.



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>with NIGEL LEWIS

## Perfect place for a bake-off

IF Paul Hollywood is the king of bakers, then Mary Berry is the queen of cakes and however ridiculous this may sound to some people, the BBC's flagship Wednesday evening programme The Great British Bake-Off has made recipe royalty of them.

Mary Berry was the most accomplished food TV presenter and writer of the lot when the GBBO first launched in 2010. She had already published 75 cookery books and hosted several television series for the BBC and Thames Television including Mary Berry at Home during the late 1990s, and had established her own highly successful food range with daughter Annabel.

One of her first TV appearances was presenting her own magazine-style programme called Good Afternoon which, Jamie Oliver style, was filmed at her then home in the pretty village of Penn in Buckinghamshire, near High Wycombe.



"I was not the least bit famous at the time," Mary told Saga Magazine recently. The home in question was The Red House, a Georgian property she lived in with husband Paul from 1970 to 1988.

The five-bedroom house, which saw more filming recently when it used as a location for

The Mary Berry Story on BBC2, was sold by Mary to Sir Barrie Heath DFC a Battle of Britain Spitfire pilot.

The Red House was built in 1820 and includes a main house, coach house and gardens. It's on the market with Savills Beaconsfield (01494 731950) for £3 million.

## A prime minister's retreat

BACK in 2011 Prime Minister Theresa May was spotted holidaying in Cornwall and much to the surprise of many stayed at a Premier Inn rather than the four-star luxury hotels most senior politicians like to frequent.

It was certainly not the style of one of her predecessors, William Gladstone, who liked to holiday at his brother's opulent Scottish estate complete with a castle, 21 acres of gardens, a trout fishery, grouse moors and forests totalling 6,228 acres.

Gladstone, who served as Prime Minister four times between 1868 and 1894, loved the Fasque Estate and visited as often as he could.

The Fasque Estate was bought by the Gladstone family in 1829 and has remained in the family until now. The current owner, Charles Gladstone, rarely visits the estate and instead live in Flintshire in Wales where he runs an annual music, food, drink and culture festival founded with singer Cerys Matthews. He also operates an



online vintage furniture and clothing store.

"Fasque has been part of our family for generations and we are very sad to let it go," says Charles. "In particular, I am immensely proud of the work we have done to Balbegno Castle. But we do not live there and cannot do justice to it or the estate.

"We feel the time has come to move on and allow a new owner

to take it on and nurture it in a way we are unable to do."

The Fasque Estate, which is currently operated as an events venue, is to be auctioned by Strutt & Parker (0131 226 2500). The company says it is being sold off either as a whole with a price tag of £9m or as 28 separate lots including 32 properties. The main house on the estate, Balbegno Castle, has six bedrooms and a great hall and is for sale at £595,000.

## French home where Dickie got away from everything

When Sir Richard 'Dickie' Attenborough died two

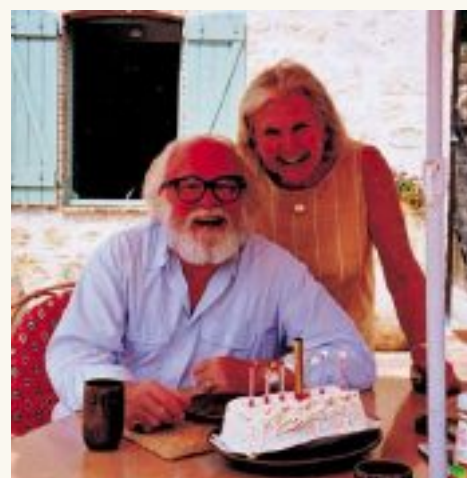
years ago he was remembered fondly as a titan on the cinematic world famed for his roles in The Great Escape, Jurassic Park and The Miracle of 34th Street. He was equally well known for his directorial efforts too including A Bridge Too Far, Gandhi, A Chorus Line and Cry Freedom.

But when not on set Attenborough's favourite spot was a four-bedroom house with a swimming pool in the pretty village of Chateaufort-Grasse, 25 kilometres from Cannes on the Cote d'Azur.

There he entertained his many famous friends including Sir John Mills, Sir Roger Moore and brother Sir David.

Attenborough bought the property during the late 1970s on the advice of actor Dirk Bogarde who lived next door but he had always been a fan of France prior to buying the property and had often taken his family to the Cap d'Antibes for summer holidays.

"Lord Attenborough kept the property quite simple,



contrary to his more luxurious properties in Richmond and Scotland," say Alexander Kraft of agent Sotheby's International Realty France. "He went there four or five times every year to get away from the hustle of London and Hollywood and lead a simpler, more uncomplicated life."

The house, which is being sold lock-stock by the

Attenborough family, includes the furniture and other belongings he bought for the property. His ashes were scattered in the property's ten acres of grounds, which offer uninterrupted views of the countryside and the Mediterranean.

More information from Sothebys International Realty, +377 97 70 3515 or [www.sothebyshomes.com](http://www.sothebyshomes.com).



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HOT  
GOSSIP

## Sell it to me one more time

BRITNEY Spears is riding high at the moment following the announcement that she is to extend her Las Vegas residency for another two years.

The 35-year-old singer of hits such as Toxic and Baby One More Time, enjoyed immense success during the late 1990s with two hit albums but later endured two failed marriages and struggles with drugs. She has since enjoyed success as a judge on the US version of X-Factor, as well as several well-received albums and, most recently her Las Vegas show entitled Britney Spears: Piece of Me.

But it has been her penchant for glamorous houses that has often also kept Britney in the headlines, as much as her personal and musical endeavours.

Recently this has included the purchase of a \$7.4 million neoclassical Italianate villa in the Thousand Oaks area of California to the west of Los Angeles and an \$8.9 million



ten-bedroom mock Tudor mansion in nearby Hidden Hills. The singer also has homes in Malibu, an apartment in New York and owns her mother's Louisiana home.

And one of Spears' former homes in Los Angeles is now on the market. It's a five-bedroom house that the singer lived in until 2003 and then sold to

Clueless actress Brittany Murphy.

The property, which overlooks Sunset strip and is within a gate community, gained notoriety when Murphy died at the property in 2009.

The house is on the market with local agent Rodeo Realty (+1 310 724 7100) for \$18.4 million.

## Gillian's latest role has a few storeys

GILLIAN Anderson's is famous for both her leading role in the 1990s TV drama The X-Files as well as her more recent appearance in the hit BBC police drama The Fall in which she and a wardrobe of silk blouses co-starred with Jamie Dornan in the police drama.

But the 47-year-old is equally busy in another role. Anderson has done up 12 homes so far including several in London's Clerkenwell neighbourhood plus previous makeovers that range from a townhouse in Notting Hill to a 13-bedroom villa in Sri Lanka.

She's also not afraid to spend big on her properties – the actress paid £190,000 to refurbish a five-storey house near Russell Square, before moving to her current address in 2012.

"What generally happens is I work on the house I'm going to be living in," she recently told Stylist Magazine. "I fall in love with it and think I'm going to live there for a long time but get



bored and decide to move on. My Sri Lankan property was completely different. It was bought as an investment, somewhere my family could go on holiday a couple of times a year, or that could be turned into a boutique hotel."

Boredom with her current

house has clearly set in once more. Anderson is selling her latest home, a six-bedroom Georgian terraced house, again in Clerkenwell, for £3.9 million.

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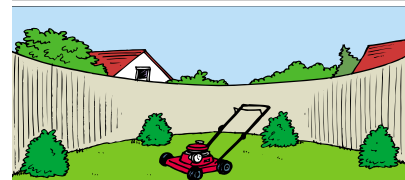
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**Public Notices**

**highways england**

**ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14(1)(a) AND REGULATION 16(2) OF THE MOTORWAY TRAFFIC (ENGLAND AND WALES) REGULATIONS 1982**  
**THE M1 MOTORWAY (JUNCTION 13 TO 15) (TEMPORARY RESTRICTION AND PROHIBITION OF TRAFFIC) ORDER 2016**  
NOTICE IS HEREBY GIVEN that Highways England Company Limited (a) has made an Order on the M1 Motorway in Milton Keynes, Central Bedfordshire and the County of Northamptonshire to enable carriageway resurfacing and traffic detector loop cutting works to be carried out in safety.  
The works are expected to take place over approximately 3 weeks (10pm – 5am, Monday – Friday, 9pm to 6am Saturday) commencing on or after Saturday 13 August 2016. The works will be carried out using a combination of carriageway and a slip road closure and lane closures allowing traffic to run on the hard shoulder.  
The effect of the Order on the M1 will be to –  
• impose a speed restriction of 50 miles per hour on the northbound carriageway from a point 600 metres north of the entry slip road at J14 to a point 900 metres south of the exit slip road at Newport Pagnell Services,  
and close, alternately, the –  
• northbound carriageway between the exit and entry slip roads at J14 – diverting traffic via those slip roads, and  
• southbound entry slip road at J14 – diverting traffic northbound to J15 to re-join the M1 southbound.  
The temporary mandatory speed limit (which will not apply to emergency services or special force vehicles) and closures (which will not apply to emergency service, traffic officer, or works vehicles) will be clearly indicated by traffic signs throughout the works.  
The Order will come into force on 8 August 2016 and have a maximum duration of 18 months.  
**Mrs Y A Tomkins**, Highways England Company Limited  
Registered in England and Wales under company no. 9346363.  
Registered Office: Bridge House, Walnut Tree Close, Guildford, Surrey, GU1 4LZ.  
**General Enquiries** relating to this notice may be made in writing to Nothando Gumunyu at Highways England Company Limited, Woodlands, Manton Lane, Bedford, MK41 7LW, by telephoning 0300 4705026 or email to [Nothando.gumunyu@highwaysengland.co.uk](mailto:Nothando.gumunyu@highwaysengland.co.uk)

**Licensing Notices**

**LICENSING ACT 2003**  
**NOTICE OF APPLICATION FOR GRANT OF A NEW PREMISES LICENCE**  
**NOTICE is hereby given that:** Clubhouse Parkhouse Ltd. Has applied to THE LICENSING AUTHORITY AT MILTON KEYNES COUNCIL For GRANT OF A NEW PREMISES LICENCE  
At: Mercure Parkside Hotel, Newport Road, Woughton On The Green, Milton Keynes MK6 3LR  
The following licensable activities are proposed during the following times:  
Sale of Alcohol for consumption on and off the premises to members of the public from 10.00 to 02.00 daily and Residents and their guests 00.00 to 24.00 hours daily,  
Provision of Late Night Refreshment from 23.00 – 02.00 daily  
Provision of Regulated Entertainment Indoors only from 10.00 to 02.00 daily  
New Year's Eve sale of alcohol and provision of regulated entertainment from 10.00 until the start of permitted hours the following day and Late Night Refreshment from 23.00 to 05.00  
Full details of the application can be viewed via the Licensing Register at Civic Offices of the council. This is accessible Monday to Thursday between the hours of 9am to 5pm and Fridays 9am to 4pm (excluding bank holidays) or online at [www.milton-keynes.gov.uk](http://www.milton-keynes.gov.uk)  
Any interested person or responsible authority wishing to make representations in support or against the application must do so in writing by the following date: 20<sup>th</sup> August 2016  
To the following address:  
LICENSING TEAM, MILTON KEYNES COUNCIL, CIVIC OFFICES, 1 SAXON GATE EAST MILTON KEYNES MK9 3EJ  
01908 252800 Email: [licensing@milton-keynes.gov.uk](mailto:licensing@milton-keynes.gov.uk)  
Representations received in response to this application will ordinarily be made available for public inspection, including disclosure to the applicant and any relevant responsible authorities unless agreed otherwise. Representations must relate to one or more of the licensing objectives (namely crime and disorder, public nuisance, public safety, or protection of children from harm). Individuals making a representation must live in the vicinity of the premises.  
It is an offence to knowingly or recklessly make a false statement in connection with an application and the maximum fine of £5,000 is liable on summary conviction for the offence.  
Dated this 22<sup>nd</sup> July 2016

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## Local Authority Notices

## TITLES OF INTENDED TEMPORARY TRAFFIC REGULATION ORDERS (ROAD &amp; FOOTPATH CLOSURES):-

1) The Council of the Borough of Milton Keynes (Various Roads or Parts of Roads in Blechley, Caldecotte, Giffard Park, Kingsmead, Olney and Wolverton) (Temporary Closures) Order 2016

**NOTICE IS HEREBY GIVEN** that the Council of the Borough of Milton Keynes intends, in not less than seven days from the date of this Notice, to make the above Orders under Section 14(1) of the Road Traffic Regulation Act 1984, the effect of which will be to temporarily prohibit vehicles and pedestrians from entering, waiting or proceeding along the following lengths of road in order to allow maintenance and repair works to be carried out on the highway:

- The following lengths of road will be closed on 17th August 2016 (for a maximum period of 4 hours):-
- Water Eaton Road, Blechley – From its junction with Windsor Street to its junction with Hunter Drive.
  - Whilst the above length of road is closed the alternative route will be via Buckingham Road, V7 Saxon Street, Princes Way, Queensway, Vicarage Road, Aylesbury Street and Manor Road (and vice versa)
  - Church Street, Wolverton – From its junction with Cambridge Street to its junction with Creed Street.
  - Whilst the above length of road is closed the alternative route will be via Cambridge Street, Stratford Road and Creed Street (and vice versa).
  - Hainault Avenue, Giffard Park – From its junction with Rothersthorpe to its junction with Shelsmore
  - Whilst the above length of road is closed the alternative route will be via Clayton Gate V10 Brickhill Street, Redvers Gate, and Lacy Drive (and vice versa).
  - V10 Brickhill Street, Milton Keynes – From its junction with H10 Blechem Way to its junction with Caldecotte Lake Drive.
  - Whilst the above length of road is closed the alternative route for local traffic will be via Caldecotte Lake Drive and Monellan Grove and Crescent
  - The alternative route for all other traffic will be via H10 Blechem Way and the A5.

The following length of road will be closed on 18th August 2016 (for a maximum period of 4 hours):-

- Shenley Road, Kingsmead – From its junction with Briary View to its junction with Guildford Avenue.
- Whilst the above length of road is closed the alternative route will be via Coddimore Lane, A421 Standing Way, Snellshall Street and Guildford Avenue (and vice versa).

The following length of road will be closed on 19th August 2016 (for a maximum period of 4 hours):-

- East Street, Olney – From its junction with Silver End to its junction with Fairfield Close
- Whilst the above length of road is closed the alternative route will be via Silver End, A509 High Street and Holes Lane (and vice versa).

The following length of road will be closed on 22nd August 2016 (for a maximum period of 4 hours):-

- Caldecotte Lake Drive, Caldecotte – Entire length to the west of Water Mill Roundabout
- Whilst the above length of road is closed there will be no alternative route as it is a dead end road. Access to business and residential properties will be maintained.

Any person committing a breach of the above temporary traffic regulation Orders will be liable upon prosecution to such fine as is prescribed by the Road Traffic Regulation Act 1984.

## TITLES OF MADE TEMPORARY TRAFFIC REGULATION ORDERS (ROAD &amp; FOOTPATH CLOSURES):-

- The Council of the Borough of Milton Keynes (Ashpole Furlong and Redland Drive (parts), Loughton) (Temporary Closure) Order 2016.
- The Council of the Borough of Milton Keynes (Various Roads in Furzton and Weston Underwood) (Temporary Closure) Order 2016.

**NOTICE IS HEREBY GIVEN** that the Council of the Borough of Milton Keynes has on 2nd August 2016 made the above Order under Section 14(1) of the Road Traffic Regulation Act 1984, the effect of which will be to temporarily prohibit vehicles and pedestrians from entering, waiting or proceeding along the following lengths of roads and footpath in order to allow maintenance and repair works to be carried out on the highway:

The following lengths of road will be closed from 8th August 2016 to 12th August 2016:-

- Redland Drive Loughton – From its junction with Ashpole Furlong to its junction with Knowl Gate
- Ashpole Furlong, Loughton – From its junction with H6 Childs Way to its junction with Little Meadow.
- Whilst the above lengths of road are closed the alternative route will be via Bradwell Road, London Road, V4 Watling Street, H6 Childs Way and Knowl Gate (and vice versa).

Any person committing a breach of the above temporary traffic regulation Orders will be liable upon prosecution to such fine as is prescribed by the Road Traffic Regulation Act 1984.

**NOTICE IS HEREBY GIVEN** that the Council of the Borough of Milton Keynes has on 2nd August 2016 made the above Order under Section 14(1) of the Road Traffic Regulation Act 1984, the effect of which will be to temporarily prohibit vehicles and pedestrians from entering, waiting or proceeding along the following lengths of road in order to allow maintenance and repair works to be carried out on the highway:

- The following length of road will be closed on 10th August 2016 (for a maximum period of 4 hours):-
- Pevers Lane, Weston Underwood – Its entire length.
  - Whilst the above length of road is closed there will be no alternative route as this is a dead end road.
- The following length of road will be closed on 11th August 2016 (for a maximum period of 4 hours):-
- Elmhurst Close, Furzton – Its entire length
  - Whilst the above length of road is closed there will be no alternative route as this is a dead end road.

Any person committing a breach of the above temporary traffic regulation Orders will be liable upon prosecution to such fine as is prescribed by the Road Traffic Regulation Act 1984..

## TITLES OF PROPOSED PERMANENT TRAFFIC REGULATION ORDERS:-

None

## TITLES OF MADE PERMANENT TRAFFIC REGULATION ORDERS:-

None

The public notices for the above closures can be viewed in full at:

<http://www.milton-keynes.gov.uk/streets-transport-and-parking/roads-highways-and-pavements/public-notices>.

## Milton Keynes Council

The following applications may be inspected at the Planning and Transport Department, Civic Offices, 1 Saxon Gate East, Milton Keynes. Representations, if any, to be submitted in writing to the above address within 21 days of the publication of this notice.

## SECTION 73

16/01908/FUL

## WITHIN A CONSERVATION AREA

Conversion and extension of disused barn to a 1 bedroom dwelling at Rear of 73 High Street, Woburn Sands

16/01910/FUL

Replacement of windows and doors at 37 Oxford Street, Wolverton

16/01938/FUL

Two storey front and rear extensions at 6 Gun Lane, Sherington

## SECTION 67

16/01631/FUL

## LISTED BUILDING

Demolition of existing polycarbonate roofed conservatory and erection of new conservatory with single pitch roof with 3 x roof lights, replacement of flat roof on existing extension with dual pitched roof with loft accommodation and 2 x roof lights to east elevation, 3 x roof lights to west elevation and Juliet balcony to rear, insertion of bi-fold doors to rear and door to side elevation, and application of painted render to existing extension at 4 Upper Weald, Calverton

16/01632/LBC

Listed building consent for the demolition of existing polycarbonate roofed conservatory and erection of new conservatory with single pitch roof with 3 x roof lights, replacement of flat roof on existing extension with dual pitched roof with loft accommodation and 2 x roof lights to east elevation, 3 x roof lights to west elevation and Juliet balcony to rear, insertion of bi-fold doors to rear and door to side elevation, and application of painted render to existing extension at 4 Upper Weald, Calverton

16/01759/LBC

Listed building consent for the proposed painting of windows and doors at Newton Barn, 3 Lavendon Mill, Lavendon Road, Lavendon

## TOWN AND COUNTRY PLANNING ACT (AS AMENDED)

## TOWN AND COUNTRY PLANNING ACT

## (DEVELOPMENT MANAGEMENT PROCEDURES) ORDER 2010

## NOTICE UNDER ARTICLE 13

## MAJOR

16/01769/FUL

Phased clearance and redevelopment of the site to provide a new YMCA residential hostel (C1) with 196 residential units and a range of non-residential facilities (A1, A2, A3, B1, D1 and D2) alongside a residential apartment development providing up to 261 apartments, ancillary accommodation and commercial space capable of accommodating A1, A2, A3, B1 and D1 uses, with associated car parking, access, cycle parking, landscape and outdoor amenity space at Ymca, 402 North Row, Central Milton Keynes

16/01782/FUL

Widened vehicular access from Yeomans Drive, provision of 24 additional car parking spaces, relocated security fencing and associated landscaping at Volkswagen Group UK Ltd, Yeomans Drive, Blakelands

16/01919/FUL

Additional car storage space, transporter unloading bay, planting, 2m high fencing and additional lighting columns at Thurlow Nunn Vauxhall, 1 Elmswell Gate, Towergate

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## HIGHWAYS ACT 1980 SECTION 119

## THE COUNCIL OF THE BOROUGH OF MILTON KEYNES

## THE COUNCIL OF THE BOROUGH OF MILTON KEYNES (FOOTPATH 4, RAVENSTONE PARISH)

## PUBLIC FOOTPATH DIVERSION ORDER 2016

The above named Order, made on 3<sup>rd</sup> day of August 2016 under section 119 of the Highways Act 1980 will divert the public footpath described in Part 1 of the Schedule, points A-F via B-E, shown in bold red line on the Order map. The unaffected section is shown by the unbroken, black line. The route to be extinguished currently runs from point A at O.S Grid Ref SP484109/251144 northwest for 111 metres to point B at O.S Grid Ref SP484022/251154. Then it runs generally south west for 306 metres to point C at O.S Grid Ref SP483729/251105, and continues to run south west for 170 metres to point D at O.S Grid Ref SP483576/251024 and to the same direction for 309 metres to point E at O.S Grid Ref SP483279/250940. It then runs generally south for 18 metres to point F at O.S Grid Ref SP483274/250926. The current surface between A-B is cross field, B-C forms the road entrance to the farm, between C-F is natural and grassed. Width of the path between points A-B is 1 metre, B-C 2.6 metres, C-D 1 metre and D-F 1.5 metres. The section to be extinguished has a length of 914 metres.

The public footpath will be diverted to the route described in Part 2 of the Schedule below as shown on the Order map. The proposed diversion will run from point A-F via G-L on the Order map shown as a bold black dashed line. From point A at O.S Grid Ref SP484109/251144 it runs south west for 317 metres to point G at O.S Grid Ref SP483865/250943, then south east for 23 metres to point H at O.S Grid Ref SP483870/250922. It then heads south west for 37 metres to point I at O.S Grid Ref SP483841/250900 and then north west for 9 metres to point J at O.S Grid Ref SP483838/250910. From here the route will head south east for 409 metres to point K at O.S Grid Ref SP483499/250697. It will then head north west for 309 metres to point L at O.S Grid Ref SP483269/250905, and then generally north for 20 metres to point F at O.S Grid Ref SP 483274/250926. The surface of the proposed route will be natural headland from point A to F via G-K. The width will be 2 metres throughout the headland and 1 metre across fields. The Landowner also allows 1 extra metre width as permissive access along the headland stretches. Proposed footpath will have a length of 1124 metres.

A copy of the Order and the Order map have been placed and may be seen free of charge at Milton Keynes Council, 1 Saxon Court East, Milton Keynes between 9.00am to 5.00pm Monday to Friday and at Milton Keynes Library, 555 Silbury Boulevard, Milton Keynes during normal opening hours. Copies of the Order and the map may be purchased from the Civic Offices at the price of £3.00.

Any representations about or objections to the Order may be sent in writing to Head of Legal Services, Planning, Property & Procurement, Milton Keynes Council, Civic Offices, 1 Saxon Gate East, Milton Keynes, MK9 3EJ not later than 2nd September 2016. Please state the grounds on which they are made, quoting reference PE NA 014058.

If no such representations or objections are duly made, or if any so made are withdrawn, Milton Keynes Council may confirm the Order as an unopposed Order. If the Order is sent to the Secretary of State for the Environment for confirmation any representations or objections which have not been withdrawn will be sent with the Order.

Dated 3<sup>rd</sup> August 2016

Civic Offices  
Saxon Gate East  
Milton Keynes

Sharon Bridgslingsh

Acting Service Director Legal and Democratic Services

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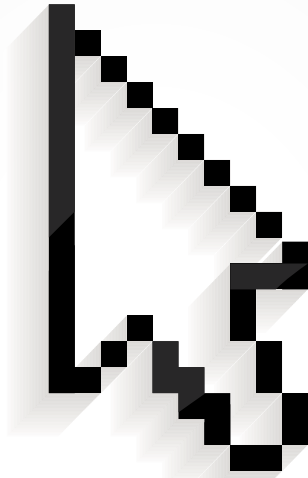
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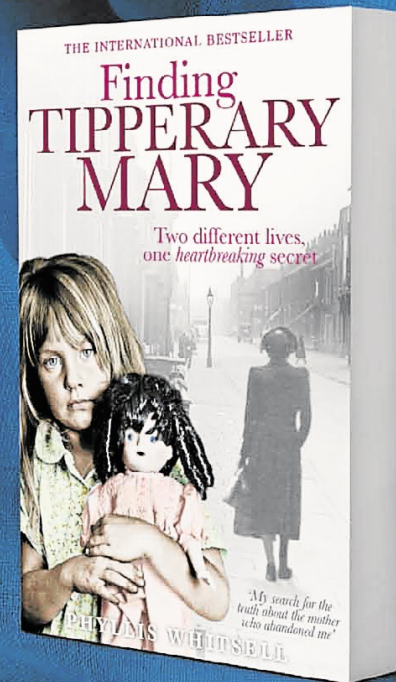


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**We take a look at the Peugeot 308 GTi – turn to page 53**



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## V40 is UK's safest used car



**By: David Whinyates**

THE first ever safety accolade for used cars has gone to the Volvo V40 thanks to its "class-leading" safety technology.

The Swedish model has been presented with the Co-op Safe Used Car 2016 award – a new initiative by Co-op Insurance designed to highlight the safest used cars typically bought by families in the UK.

Working in collaboration with safety experts Thatcham Research, Co-op Insurance awarded the inaugural trophy to the V40 with Driver Support Pack, which beat strong competition from the Volkswagen Golf and Nissan Qashqai to claim the title.

In order to be in the running for the award – the first to recognise safety in the UK used car market – all the contenders had to have a five-star Euro NCAP crash test rating, CO2

emissions of 120 g/km or lower and be available to buy on the second-hand market for £15,000 or less.

The cars were then evaluated further on their crash worthiness, which included ratings for adult, child and pedestrian protection, and the availability of Autonomous Emergency Braking (AEB).

The Volvo V40 received the top rating of five stars in its Euro NCAP crash

test in 2012, and its overall scores are still the highest ever recorded by the safety assessment institute.

The V40 was one of the first cars to have AEB as standard. The system, known as City Safety, works at speeds of up to 31 mph and will automatically apply the brakes if it senses an impending crash to avoid the collision entirely or lessen its severity. The V40 was also the first car in the world to come with an airbag to help protect pedestrians in an accident.

The optional Driver Support Pack for the V40 provides class-leading safety technology, including Pedestrian and Cyclist Detection, Adaptive Cruise Control, Lane Keeping Aid, Blind Spot Information System with Cross Traffic Alert, Road Sign Information, and Collision Warning with Full Auto Brake, which is capable of working at all speeds.

James Hillon, Director of Products at Co-op Insurance, said: "We are keen to help educate people not only about car safety, but about what they should be thinking about before they even set foot on a car forecourt."

"The Volvo V40 was awarded the accolade because it is a perfect example of a reasonably priced car that has a large number of safety features as standard, even on older models. It has a five-star Euro NCAP rating and provides good protection in a crash for the driver and front passenger, as well as children. Where it really shines, though, is in the standard of collision-avoidance technology available."

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## Peugeot 308 GTi THP 250

By: Mike Torpey

IT'S the plea being made by hot hatch fans since the Peugeot 308 was voted European Car of the Year.

Not satisfied with the warmer GT and GT Line versions of the compact Pug, enthusiasts wanted something, well, a bit more volcanic - like a full-blown fire-breathing GTi.

So the French manufacturer delivered a model, or two, to get pulses racing in the shape of the 308 GTi by PEUGEOT SPORT.

Powered by a 1.6-litre THP stop/start petrol engine, it is up for grabs in two versions - one developing a handy 250bhp, the other an even more sizzling 270bhp.

From the 205 GTi to the latest 208 GTi and RCZ R, Peugeot has sold its sportier models to more than 800,000 customers, a number sure to rocket with this latest dynamic duo.

With exclusive styling front and rear, the 308 GTi certainly looks the part.

It sits 11mm lower than the standard 308 and has full LED headlamps flanking a black radiator grille, its air intake surrounded by sequential LED indicators while two front spoilers sit below the bumper.

And the theme is continued inside with sports seats, red stitching on the upholstery, door panels and gear lever, and there are alloy pedals, foot rest and gearknob along with a small but chunky flat-bottomed steering wheel.

There's also a 9.7-inch touchscreen, DAB radio, sat nav, Bluetooth and a reversing camera

Want the full fat experience with extra octane and the GTi comes as standard with a Driver Sport Pack.

A prod on the centre console Sport button switches the display from white to red and shows info like power, torque, boost and both lateral and longitudinal acceleration on the central read-out.

It also boosts the engine's soundtrack and alters the accelerator pedal mapping for a more engaging driving experience.

That's exactly what you get too from a car that's composed on urban roads, grips like a go-kart round country bends and feels properly planted if you open up on the motorway.

While the higher powered variant, which costs an extra £1,600, gives you the whole shebang of more punch, Alcantara bucket seats and 19-inch alloys, the 250ps model pushes it close with its 0-62mph acceleration time of 6.2 seconds, the same top speed and the benefit of an official 47.1mpg.

You'll do well to get close to that fuel return, such is the temptation to make the most of the Peugeot's power, but we managed still managed to post an average 35mpg over the course of 300 miles.

Cabin space is comfortable for four and there's a decent size boot.

### FAST FACTS

**Peugeot 308 GTi THP 250**

**Price:** £26,555

**Mechanical:** 250bhp, 1,598cc 4-cyl petrol engine driving front wheels via six-speed manual transmission

**Max speed:** 155mph

**0-62mph:** 6.2 seconds

**Combined mpg:** 47.1

**Insurance group:** 15

**CO2 emissions:** 139g/km

**BiK rating:** 24%

**Warranty:** 3yrs/60,000 miles



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# ontheroad

## SALUTE TO AN AMERICAN DREAM By: Ian Johnson



JEEP in the UK is saluting the success of one of its legends during its 75th anniversary. The Wrangler, with looks that echo the tough little wartime Jeep has been given a makeover with some major enhancements with details of a new engine and a raft of enhancements to the current model for 2016. In addition, and to celebrate the iconic 4x4 brand's 75th birthday, Jeep has also revealed details of a 75th Anniversary limited edition Wrangler for the UK. Jeep Wrangler's existing 2.8-litre diesel engine has been updated to meet Euro 6 emission standards while the car has been given a series of important and valuable updates. These include items such as front side airbags, deep tint sunscreen glass, 18 inch polished satin alloy wheels and revised rear axle ratios. The limited edition Jeep Wrangler 75th Anniversary is based on the Overland model, but with several key differences, including unique exterior styling and part-leather interiors. The Jeep Wrangler 75th Anniversary costs starts at £34,765 for the two-door 75th Anniversary 2.8 CRD auto rising to £36,435 for the four door 75th Anniversary 3.6 V6 auto. The Wrangler stands for all the values Jeep holds dear, combining the best of off-road ability with some of the core values of a sports utility vehicle. An American answer to Britain's Land Rover Defender. The Wrangler as we know it came into being in and just like the old Willys MB and Jeep CJ, used a separate body and frame with rigid solid axles front and rear. It was launched with and fold flat windscreen and could be driven without doors. It filled the void left by the discontinuance of the Jeep CJ and was later subjected to revision and a complete redesign in 2006. The Wrangler is one of those special vehicles that fueled the American dream and has stood the test of time.

## MAINSTREAM MODELS SELLING THE QUICKEST

By: Mike Torpey

MAINSTREAM brands dominated the UK's fastest selling cars both nationally and across the regions in June.

The fastest selling car in the UK last month was the 2015 Hyundai ix35 Crossover in petrol manual form, which took just 19 days from landing in the showroom to being sold, according to Auto Trader.

Vauxhall, another mainstream brand, saw its Mokka crossover find favour with buyers as it took an average of just 21 days to sell, and ranks second in the nation's quickest sellers chart.

Of the country's top 10 cars that shifted out of showrooms in the least amount of time, seven were popular make models. In fact the



only premium brand represented in the top 10 was Mercedes-Benz, which took the three other spots with its SLK convertible (third), A Class hatchback (eighth) and E Class convertible (tenth).

The German premium brand also dominated the quickest selling charts in the North West, proving the quickest and taking four other spots, and the West Midlands where it took the top five spots with its A, C and E-Class models

## MERC E-CLASS ESTATE PRICES ANNOUNCED By: Mike Torpey



Mercedes-AMG E 43 joining the range later this year.

Pricing for the E 350 d and E 43 will be announced when ordering opens in October.

The E 220 d features a new four-cylinder 2.0-litre turbocharged engine producing 194bhp and offering combined fuel consumption of 67.3mpg and CO2 emissions from 109 g/km. It can reach 62mph from standstill in 7.7 seconds.

For an extra £2,495, AMG Line adds AMG exterior styling with 19-inch alloy wheels in titanium grey, upper dashboard finished in Artico leather, black ash wood trim, brushed stainless steel AMG sports pedals with black rubber studs and a three-spoke AMG steering wheel wrapped in Nappa leather.

THE order book has opened for the new Mercedes-Benz E-Class Estate, which will be priced from £37,935 for the E 220 d SE and £40,430 for the E 220 d AMG Line.

Initially, only the diesel-powered four-cylinder E 220 d will be available, with the six-cylinder E 350 d and petrol 3.0-litre V6

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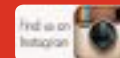
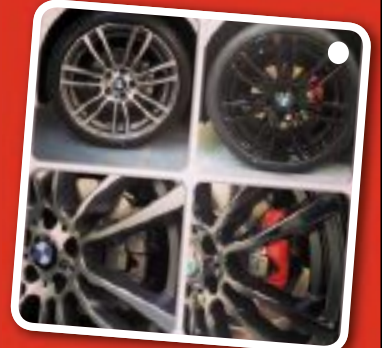
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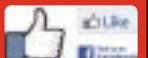
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# on the road

## LATEST CACTUS IS ALL WHITE

By: Chris Russon

AN upmarket version of the C4 Cactus with a pearl white finish is being released by Citroen.

The C4 Cactus W special edition is priced from £18,890 and will be available with a choice of petrol or diesel engines with manual transmissions.

Based on the range topping Flair models the specials have white paint jobs, white door mirror caps and white roof bars with the distinctive Airbump side panels finished in a sandy colour.

Costing some £1,100 more than the standard Cactus, the W specials also come with white 17-inch alloy wheels, darkened rear windows and are fitted with sat nav, automatic air conditioning and a high definition reversing camera.

A panoramic sunroof is a £425 option as is black part-leather upholstery at £695.

The petrol version is fitted with Citroen's award-winning three cylinder 1.2-litre PureTech 110ps engine which has emissions of 100g/km and with stop/start an official fuel return of 65.7mpg.

The C4 Cactus W diesel – priced from £19,620 – has a lean burn 1.6-litre BlueHDi 100ps engine rated at 78.5mpg with emissions of 95g/km.



## SCREEN CHANGE SAFETY WARNING By: Chris Russon



DRIVERS of cars equipped with high tech safety systems are being warned to double check if they have a replacement windscreen fitted.

Safety experts at Thatcham Research say that devices such as lane departure warning systems and emergency braking sensors may need to be recalibrated when a damaged windscreen is changed.

So-called Advanced Driver Assistance Systems (ADAS) use cameras and other types of sensors which are normally located between the glass and the rear view mirror.

Thatcham Research, in conjunction with National Windscreens and Nationwide Crash Repair Centres have now drawn up a code of practice for technicians.

"ADAS systems have become an integral feature on modern cars, with motorists increasingly putting their trust in the additional

layer of safety that this technology provides," said Andrew Miller, chief technology officer at Thatcham Research.

"This code of practice is a recognition by the industry that, whilst ADAS technology is helping make vehicles that much safer, it is also going to put a much greater emphasis on ensuring that safety levels remain unaffected following a repair."

He said that motorists must make sure the safety devices have been checked to make sure they work correctly after a replacement and if in doubt should consult their local dealer.

Roadside windscreen fitters also have a responsibility to inform the driver if the safety sensors have been properly calibrated.

Mr Miller said that motorists needed to be aware of the technology fitted to their vehicles and should be encouraged to ask questions to

ensure that the technology has been handled in the right way if a windscreen has to be replaced.

Thatcham says that around six per cent of vehicles in the UK currently have ADAS technology and the number is expected to increase to 40 per cent by 2020.

"The industry is proactively putting a best practice framework in place, which should provide great confidence to motorists that their safety is at the very heart of this initiative," added Mr Miller.

"However, motorists themselves do have a responsibility in ensuring they remain safe on the road and they are encouraged to ask questions following any repair to the windscreen to satisfy themselves that the technology on their car is being properly handled. If in any doubt, it's imperative that they consult their own dealer for confirmation."

## CAR SALES TO FLY INTO CYBERSPACE

By: David Whinyates

FORGET going to your friendly local dealer - car buying is set to move into cyberspace within the next five years.

The prediction comes from a video company which believes that in the not too distant future the process of buying and selling cars will be done almost entirely remotely using video technology.

Consumers already use video extensively in the shopping process, with 75 per cent of car buyers watching videos to research their next purchase before ever setting foot in a car showroom.

And as smartphone software becomes ever more sophisticated and super-fast technology is introduced, that trend is expected to accelerate.

Motorists will be haggling with dealers, agreeing part-exchange prices remotely and selling cars privately, all using video communication rather than face-to-face negotiation.

The predictions come from automotive video specialist, CitNOW, which has published a paper on the current

and future roles of video in automotive business.

Video is already used by the car industry across the UK, with more than 50 per cent of the franchised dealer network using some form of personalised service to help customer relations in both car sales and workshops.

CitNOW CEO Alistair Horsburgh says: "Within five years, the entire process of buying a new car, from researching different models to agreeing a price and a specification, will be done remotely. Motorists won't ever have to visit the showroom, except perhaps to pick up the car they've ordered."

CitNOW's research paper found that, through the use of personalised video, not only were motorists more likely to return to the same dealership for future purchases, but transactions were made quicker.

"It all sounds a bit daunting," says Horsburgh, "but it's the way the whole industry is going. Consumers these days expect this level of convenience, speed and quality of service."



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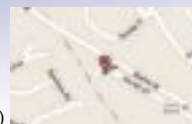
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# Solid placings for MK athletes



Hammer time: Kayleigh Presswell in action for Marshall Milton Keynes Athletics Club

BY SCOTT KIRK

[scott.kirk@onemk.co.uk](mailto:scott.kirk@onemk.co.uk)

**SIX Marshall Milton Keynes Athletes represented Buckinghamshire in the annual Inter-Counties Championships, which incorporated the England AA Championships in Bedford.**

At this high level of competition Chuko Cribb was best placed with sixth place in the triple jump with a leap of 14.87m.

Kayleigh Presswell, pictured, threw the hammer 53.13m for eighth place with Emma Beardmore 14th with 45.76m.

There were 10th positions for Lara Bromilow, 17.37.84, in the 5000m and Emma Beales threw 39.84m in the discus. Aaron Adom placed fifth in his heat of the 200m just failing to make the semi-finals. His time of 21.77 was his second fastest this year.

With the young athletes league programme over, many have turned their attention to competing at open meetings. Paige Barnes threw a personal best of 43.11m in the hammer at the London Inter-Club challenge at Hendon which moves her up to number six in the MMKAC ladies rankings for this discipline. Alfie Yabsley ran in the 1500m at Watford and with a sizeable personal best of 4.03.16 moved to fourth in the club U17 age group rankings. A week earlier at Rugby his first sub two-minutes effort in the 800m (1.59.09) moved him to number

10 for this distance. Jack Meijer clocked 4.08.29 for the 1500m at Watford bringing him in at number 9 in these rankings.

MMKAC hosted their own open meeting, which was well supported by athletes ranging from 10 to 50 years of age. Edward Barber was the fastest in the U11s 50m (7.8) and then Laura Chalmers was the quickest (8.1) U11 girl over 50m. Megan Head won the U13 girls 75m(10.9) and Thomas Chalmers the boys race(10.6).

Moving up to 200m, Tyrell Dankwa (M20) ran a PB of 23.7 with Robert Everett winning the M13 race in 29.1. Abigail Fitton (F15) clocked the fastest female time with 27.0 and then won the 300m(43.3). On to the 600m where Millie Freeland was the fastest F11 with a PB of 2.05.5 and again Edward Barber(2.03.4) was the quickest boy.

In the 1500m races, Ella Nash was the fastest MK U13 girl. Leo Freeland won the U15 boys race and a huge PB of 4.52.9. Anna Kofoed-Gregory was the quickest F17(5.00.7).

Moving to the field events Ben Stacey cleared 1.56m and Charlotte Bailey 1.50m in the U15 high jump. There was no less than 17 competitors in the under 11 long jump where Edward Barber won. Amber Evans won the triple jump (9.42m).

A number of club members ran at Oxford in a series of mile races. Graham Jones ran the fastest in 4.39.23, Robert Hickman was quickest M15.

## CRICKET

### New Bradwell close down league title gap

NEW Bradwell took advantage of slip-ups by leaders Biddenham and second placed Eaton Bray to move within 18 points of the top of the Four Counties League.

Olney Town scored 221-6 in the first innings, with Stuart Keeping notching up 53, as Paul Fox claimed four of the wickets.

But opener Charlie Maw's 84 got the title chasers well on the way as they scored

222-7 to win by three wickets. Peter Sparrow claimed five of New Bradwell's wickets.

Aspley Guise won just their second game of the season but stay bottom of the table despite beating Milton Keynes by one wicket. Opener Ben Savage scored 69.

New City did well to beat Eaton Bray by two wickets, with 59 from Daniel Pieterse and Dharmesh Mistry's 73

helped them to an excellent victory.

North Crawley also drew with Biddenham.

In the Cherwell Cricket League, Hayden Simmonds' 5-10 helped Great Brickhill dismiss Long Marston for 136. Mark Nelson's 60 secured a six-wicket win.

In Division Two, Wolverton Town were beaten by Abingdon Vale by 128 runs, with Town's Wasim Fayyaz recording 4-47.

## CLUB OF THE WEEK

### CLUB OF THE WEEK



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##### When do you meet?

We play on Saturdays, and train on Wednesday evenings from 7pm. Our season runs from May to August.

##### What's the best thing that has ever happened at your club?

We won the regional 9s tournament a couple of years ago but we're hoping to do even better this season.

##### What is the most common mistake a



##### newbie might make?

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rewarding.

##### Do I need any equipment?

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##### What is the club's biggest night of the year?

Our end-of-season do, which will be in August this year.

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# Ricciardo's a shoe-in for a podium at Hockenheimring

BY SCOTT KIRK

[scott.kirk@onemk.co.uk](mailto:scott.kirk@onemk.co.uk)

**TILBROOK-BASED** Red Bull Racing will go into the summer break feeling good after a double-podium finish for Daniel Ricciardo and Max Verstappen in Germany on Sunday.

Both drivers started on the second row of the grid and they were able to take advantage of a very poor start from Mercedes driver Nico Rosberg to overtake him and go second and third in the race.

Tactically it was raced to perfection by the team, with both drivers on different strategies in terms of pit stops, which allowed Red Bull to get on the podium.

Ricciardo celebrated his podium in unusual fashion by drinking some of his champagne out of his shoe and the Australian explained the tradition.

"Drinking out of the shoe on the podium is an Australian thing," said Ricciardo.

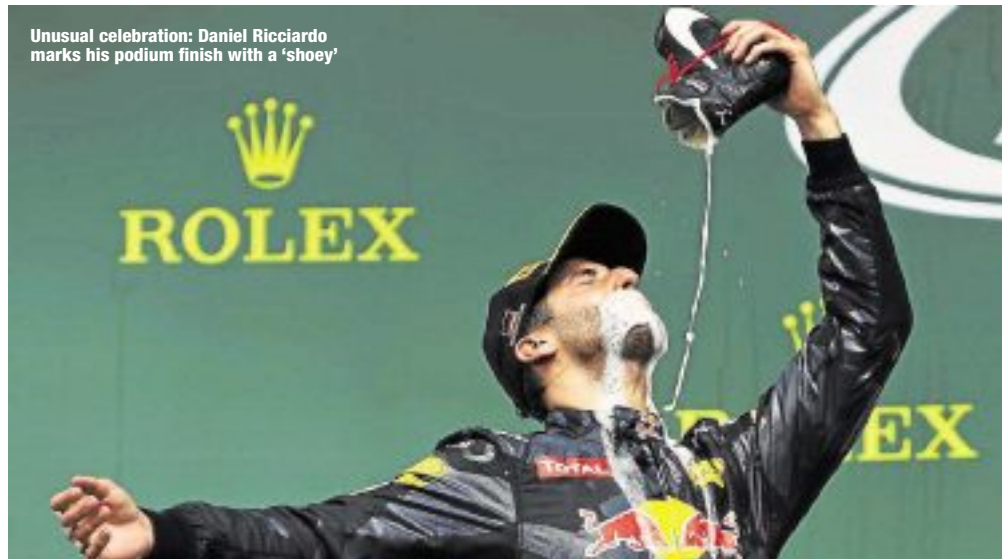
"It's called a 'shoey'. I said if I win a race this year I'll do it, but just in case, I thought I'll do it next time I'm on the podium."

Red Bull were helped when Rosberg was given a five-second penalty for forcing Verstappen off the track, although legendary Sky Sports commentator Martin Brundle felt the manoeuvre was perfectly legal.

But Verstappen felt the penalty was deserved.

He said: "Rosberg just braked very late and then didn't turn into the corner and that incident cost me a lot

of time.  
"He pushed me wide and put me in a bad situation."



Verstappen also remained philosophical about the team orders which meant that he allowed Ricciardo to pass him into second place.

"Strategy doesn't always work for you but I took one for the team today and we still finished second and third and in front of Ferrari, which was the

main aim."

Perhaps more crucially for Red Bull, they go into the summer break ahead of Ferrari in the constructors' championship and are up to second in the team event.

It all resulted in team principal Christian Horner saying that the team had exceeded expectations for where they thought they would be at this time of the season.

"We've exceeded all of our expectations in the first half of the season. I don't think pre-season any of us could have imagined to have been second in the Constructors' Championship after 11 rounds.

"Time for a well-earned break for all of the team, to recharge their batteries and come back for the final nine races, where there are circuits on the calendar that will hopefully suit us."

## GOLF



## Hull prepares for Rio with final round of 69

**CHARLEY** Hull warmed up for the Olympics by carding a three under par 69 in the final round of the Women's British Open at her home course at Woburn, as she finished the competition tied 17th.

The 20-year-old from Kettering, who has been a member at Woburn since she was aged 11, ended on five under overall, 11 shots behind the winner, Thailand's Ariya Jutanugarn, who in turn finished three clear of USA's Mo Martin and South Korea's Mirim Lee.

The highest-placed British player was Scotland's Catriona Matthew, who like Hull has been selected by Team GB for the Games out in Rio, as she finished tied fifth on nine under par.

Hull, pictured, who finished tied second at the ANA Inspiration in April, began the tournament in decent form with rounds of 69 and 70, but a disappointing 75 on Saturday

left her with too much ground to make up to trouble the leaders.

But she began her final round superbly by birdying five of the first six holes and she found herself seven under for the round after doing the same at the 11th and 12th.

It was from that point, however, where she ran into problems, as she carded a double bogey on the 13th before dropping further shots on the 14th and 16th, but she was happy with her efforts on Sunday.

Hull said: "It was great fun. I've enjoyed the whole week. Today I played great apart from my last six holes - it was unfortunate, but I feel like my game is in good shape."

Hull will be flying out for the Olympics next week, with golf making its first appearance at the Games in 112 years. The women's competition will take place at the Reserva de Marapendi from August 17-20.

## sport briefs

## RUGBY LEAGUE

MK WOLVES won the East RL Mens League - Division 1 after Kings Lynn Knights failed to get a team together for the end of the regular season on Saturday. The playoffs begin on August 13.

## ICE HOCKEY

The 2016-17 English Premier League fixture list was revealed today, with only five weeks before the action gets underway. League action begins at the MK Arena on Saturday, September 10 when the visitors will be Bracknell Bees.

## GREYHOUND RACING

THE ladies will be taking centre stage at Towcester Racecourse throughout the month of August as the leading greyhound racing venue in the country plays host to the prestigious Lowther Stakes. A competition restricted to female canines only, the triumphant hound will pocket her owner a cool ten thousand pounds winner's cheque. For 36 of the most talented females in training, it kicks off at Towcester on Saturday 13th August with the semi-finals a week later and the big-money decider the highlight of an all-star gala card set for Saturday 27th.

## MOTORSPORT

NEWPORT Pagnell's Andrew Jarman has confirmed an exciting new partnership with world-class timepiece manufacturer B.R.M Chronographs. The partnership will include the launch of an exclusive limited edition watch later this year as well as showcase the B.R.M brand on Andrew's #22 TF Sport Aston Martin Racing v12 Vantage during his 2016 Michelin GT3 Le Mans Cup season.

## LOCAL SPORT

MILTON Keynes South MP Iain Stewart is supporting I Am Team GB, the nation's biggest ever sports day on Saturday August 27. ITV and The National Lottery is working with the British Olympic Association, UK Sport and supported by Join In, the London 2012 volunteer legacy charity to give local sports groups the chance to win funding. The day will see thousands of sports clubs across the UK open their doors and in an unprecedented move, ITV, STV and UTV will switch off their channels for an hour to inspire the nation to take part in a wide range of sports, free of charge. If you are a local sports club and would like to take part, or a member of the public wanting a fun day out, go to <http://iamteamgb.com>





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**Liverpool test: MK Dons XI lost to Liverpool U21s at stadiummk on Monday night but netted new midfielder Chuks Aneke, inset, yesterday**



# Midfielder arrives as Dons prepare for opening game

BY SCOTT KIRK  
scott.kirk@onemk.co.uk

**MK DONS signed former Arsenal attacking midfielder Chuks Aneke yesterday – although he won't be available for first team action straight away as he is recovering from a knee injury.**

Aneke, 23, has put pen-to-paper on a one-year deal at stadiummk, with the option of a further 12 months.

The 6ft 3in playmaker has scored 25 goals in 87 career league starts for

clubs such as the Gunners, Stevenage, Preston North End, Crewe Alexandra and, more recently, Belgium top-division outfit Zulte Waregem, whom he left this summer.

He also enjoyed plenty of success in Sky Bet League One and in his last season in the division for Crewe he netted 16 times and provided six assists.

The new recruit said: "I've known about this club, the manager and the staff for a long time, so I'm delighted to be here.

"I'm happy to be at the club and hopefully I can bring some of what I can do into the team."

The news followed a Dons' XI's 3-1 defeat to Liverpool U21s at stadiummk on Monday night.

Kabongo Tshimanga got on the scoresheet for Dons in the second half following goals by Harry Wilson, Toni Gomes and Conor Masterson.

Goalkeeper David Martin played an hour of the game against the Anfield outfit after missing the disappointing 4-1 defeat at the hands of

Stevenage on Saturday.

Ahead of the season-opener against Shrewsbury Town on Saturday, Ben Reeves, Dean Bowditch and Daniel Powell are all doubts.

It makes the loan capture of George Williams from Fulham all the more important, with the former Dons graduate now in his third spell at stadiummk.

George Baldock has also signed a new contract at the club, which will keep him at MK1 for a further two years.

## Cyclist Stannard is gearing up for the Olympics



Prepared: Ian Stannard will be in Rio

IAN Stannard will go to the Rio Olympics having had the best preparation possible at the Prudential RideLondon-Surrey Classic, according to his sporting director.

Belgium's Tom Boonen won the race, a 200km run from Horseguard's Parade in the capital, out into the Surrey countryside and back into central London for a finish on The Mall, but it was Team Sky's Stannard who attacked with teammate Geraint Thomas to peak the home crowd's interest.

Having just come home from helping fellow Brit Chris Froome to a third Tour de France title in Paris last weekend, Team Keyne's Stannard now heads to Rio for the Olympic road race.

His sporting director Gabriel Rasch said: "A one-day race like this was perfect for Ian and the guys, this is exactly what they needed and they're going to go into the Olympics in good touch."

Prudential RideLondon is the world's largest festival of cycling. Prudential is proud to support people's ambitions. Visit [www.pru.co.uk/ambitions](http://www.pru.co.uk/ambitions)



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